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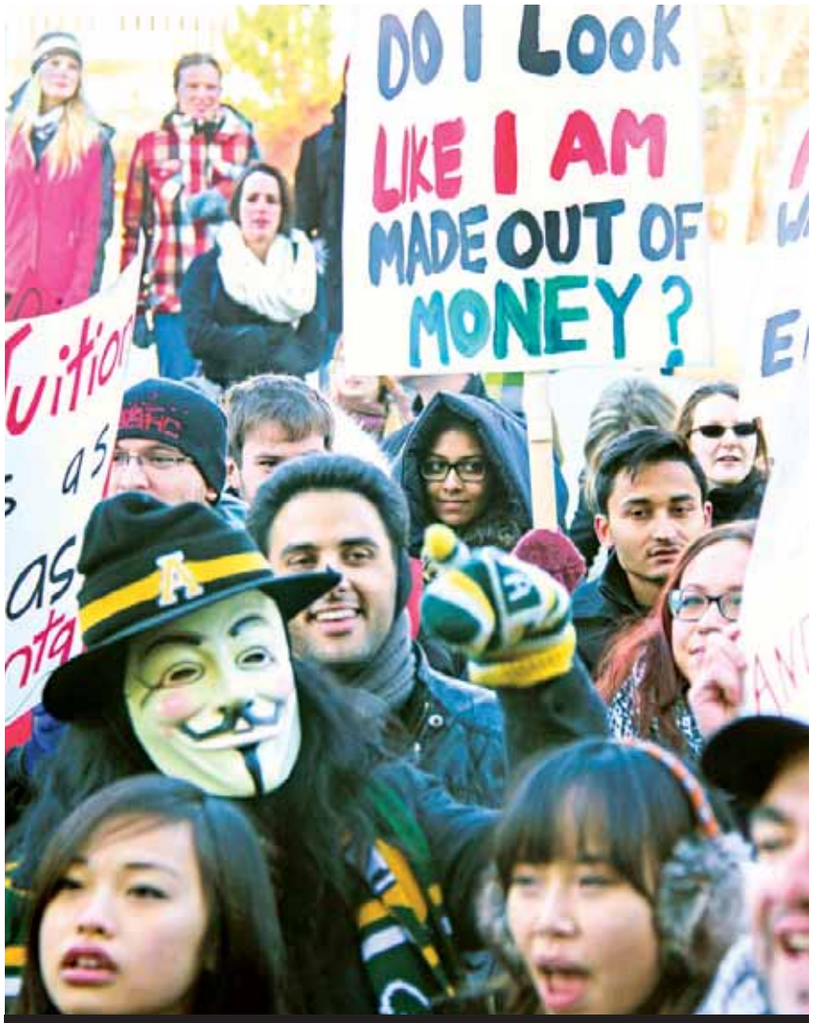

A MESSAGE FOR THE PROVINCE

More than 300 students from across Alberta, including a few dozen from Calgary, gathered in Edmonton Monday to protest proposed tuition hikes just as MLAs headed in for the fall session. Read more on page 4. LEAH HOLOIDAY/METRO IN EDMONTON

‘I ran so fast because they were trying to chase me’

Allegations of a sex assault have struck a chord with one Martindale resident PAGE 3

Parents cry foul as Canadian studies school faces closure

Juno Beach Academy. Specialized school has seen student population drop by nearly half

JEREMY NOLAIS
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Parents with kids attending a specialized academy focused on Canadian history — particularly its military endeavours — say they’re shocked that the facility could face closure, a move that will turn some kids away from learning about the origins of their country.

The Juno Beach Academy of Canadian Studies serves students in Grades 7 to 12 and operates out of Dr. Norman Bethune School in the southeast community of Acadia. Students wear uniforms, are often involved in cadets and spend additional time studying and supporting war veterans — Juno’s students recently helped raise money for the Calgary Poppy Fund and laid wreaths and poppies at Burnsland and Queen’s Park in advance of Remembrance Day.

But at a time when many alternative programs run by the Calgary Board of Education are seeing surging demand, Juno’s student population appears to be on a sharp decline. Figures reported by the board indicate the academy had 195 students in 2008-09. Area director Sydney Smith told those in attendance for an open house discussing the program’s future that just 120 are enrolled this fall. She said it’s difficult to provide a full breadth of programming for such a small student population.

“It has to be about their learning,” she said. “How do we help kids be successful in their learning?”

But numerous parents speaking in advance of Monday night’s meeting pointed the finger at the school board.

“It’s been a tough fight because the CBE isn’t supporting us,” said Kathy Cross, chair of the academy’s parent council. “The CBE has been wanting to shut us down for the two years I’ve been active (on the parent council).

“We’ll lose the little community these kids have.... They’re learning the value of the wars, what the servicemen do for us, why we have our freedom today — not every school will teach that.”

Cross noted the program has been moved twice previously and student enrolment declined as a result.

On Monday night, parents were told the program would either cease to exist come the end of the 2014-15 school year or it would be amalgamated into Queen Elizabeth High School in the northwest community of Hillhurst.

WITH FILES FROM YASMIN JASWAL

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Abduction case hits home for Martindale woman

Related case?

Police caution against drawing parallels to 'very disturbing' Friday night sexual assault

JEREMY NOLAIS
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Allegations of a sexual assault have struck a chord with one Martindale resident, who fears she may have been targeted for a similar attack the night prior and within blocks of where police say the vicious incident occurred.

Investigators charged two brothers Monday in what's being described as a disturbing abduction and sexual assault over the weekend.

On Sunday, police Staff Sgt. Melanie Oncescu said a 17-year-old girl was standing at a bus stop at the intersection of Taradale Drive and Taracove Road NE around 11:30 p.m. Friday when she was attacked by two men and taken to a nearby alley, where she was sexually assaulted.

The men then "walked" the girl to a home in Martindale, where they continue to assault her for hours until she escaped.

But Tess, a woman whose name Metro has agreed to withhold, says she was walking home from the Martindale LRT station near Crossing Park School about 12:50 a.m. Friday when two men rolled up in a dark-blue or black vehicle and began yelling and cursing at her.

Frightened, Tess picked up the pace, but the men drove their vehicle into her path to block her. They continued to yell, she said in a phone interview Monday.

"That was it.... I ran so fast because they were trying to chase me," she said, pausing at times to sob. "I was so scared."

Tess says she ran for blocks and managed to evade the men.

She eventually arrived home and was comforted by her family, including her father. She said she didn't file a police report initially amid fears for her own safety.

Then, her father learned Monday morning of news reports of what police have described a "very disturbing" sexual assault that began Friday night in nearby Taradale but wound up at a residence in the 0-100 block of Martinbrook Road NE.

Online maps indicate the home is no more than a 10-minute drive from the location of the encounter Tess described.

On Monday, police laid five charges each against 25-year-old Corey George Manyshots and his young brother, 21-year-old Cody George Manyshots.

While police encouraged Tess to come forward — and she indicated she intends to file a complaint — they cautioned that there have been no other known abduction attempts recently in the area and that the teen's attackers Friday were on foot, while the situation she described to Metro involved harassers using a vehicle.

Both Tess and her father, however, said Monday they're concerned the incidents are connected.

"We just have a feeling that these are the same guys," she said. "I want to tell people to be careful at night."

Police have also said there does not appear to be any connection between Friday's incident and an attack near the Bridgeland LRT station earlier this month.

It's believed a teenage girl was repeatedly sexually assaulted inside this Martindale home early Saturday morning. She managed to escape. YASMIN JASWAL/METRO

Repeated run-ins

Both of the Manyshots brothers were due to make a first appearance in court Monday. Court records indicate both have had repeated run-ins with police in the past.

- Corey George Manyshots has charges dating back to 2002, including two counts of assaulting a peace officer. He's also faced past counts for breaches and assault.
- Cody George Manyshots has charges dating back to 2006 including possession of a controlled substance, possession for the purpose of trafficking and breach of conditions.

Calgary students venture to legislature, protest tuition hikes

Market modifiers. Unclear when province will approve or reject submissions from 10 schools

City students braved bitter temperatures — and a bumpy bus ride — to ensure their voices were heard at an Alberta legislature rally Monday protesting proposed tuition hikes.

Students in three programs apiece at Calgary's Mount Royal University and University of Calgary could fork over hundreds in added costs should the market-modifier proposals submitted to the province by administrators be approved.

But many students saw a glimmer of hope. The province may back away from the increases after word came last week from the new Advanced Education Minister Don Scott, saying he was delaying his decision on the matter.

Duncan Pawson, a University of Calgary engineering student, was among roughly 40 who climbed aboard a bus early Monday to head to the University of Alberta for the protest's start. While he'll graduate this year, future students in the engineering program could pay $170 in additional fees per course, an increase of 31.6 per cent.

"It's just about showing them we're passionate about this and we don't want tuition to increase for the future generations," he said. "It shows them we're actually involved and we're not just going to let them go behind our backs.... I would definitely say it (the protest) had an impact."

In all, an estimated 300 students marched from the University of Alberta campus to the steps of the legislature.

Zoe Slusar, VP of student life for the Students' Association of Mount Royal University, and Jarett Henry, president of the University of Calgary Students' Union, were among the Calgary contingent at the Alberta legislature rally against proposed tuition hikes Monday. LEAH HOLOIDAY/METRO IN EDMONTON

"We've had lots of budget cuts in the last few years and now they're trying to pass off tuition hikes," said Navneet Khinda, vice-president external for the U of A Students' Union. "It's unacceptable. Students are fed up and we want a stronger vision for post-secondary."

The market-modifier program allows institutions to raise tuition by more than the legislated rate of inflation. Ten institutions have submitted applications to do so in 26 different programs.

Scott made an appearance at the rally before heading into the legislature and said he's committed to hearing from students and administrators.

"At this point I've still been going around the province talking to the various institutions about their concerns, meeting with student leadership and there is great enthusiasm here today," he said.

"We need to make sure in the end we're delivering the best quality of education in Alberta," the minister added. **LEAH HOLOIDAY AND JEREMY NOLAIS/METRO**

Opposition criticism

NDP post-secondary education critic Brian Mason said Monday's rally shows students are fed up with the province.

- **Putting students first.** "This government promised to freeze tuition," he said. "It put a cap in place and it's allowed post-secondary institutions every possible loophole in order to jack up the real tuition fees students have to pay."

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Lawyer uses health monitor as evidence

Fitbit. Calgary injury attorney to use wrist device in court to show client's lack of activity

Simon Muller says his client was in peak physical shape when her car was rear-ended by a truck about four years ago.

Her actual car didn't suffer a great deal of damage and Muller, a lawyer and head of the personal injury group with Calgary's McLeod Law, said such cases tend to come with a great deal of "healthy skepticism."

Medical opinions have been provided, lawyers have had their say, but Muller is now turning to a new courtroom ally — a Fitbit.

Made by a California-based company, the series of wrist-worn devices track everything from a person's sleep patterns to the number of steps they've walked, and have become popular among fitness buffs.

But Muller talked with local startup Vivametrica about a different use for the device — tracking just how non-active his client has become.

Vivametrica pulls and analyzes data from smartphones and wearable fitness devices to provide information about health trends and activity levels. The company will now be comparing the activity of Muller's client against normal people in her age range.

Muller said he's found no records of a Fitbit device being used previously in an injury claim. He expects to present data provided by Vivametrica on behalf of his client in December.

"We would expect a substantial, measurable difference," he said, later adding, "How that data will be received by the other side remains to be seen." JEREMY NOLAIS/METRO

A man wears a Fitbit, in green, and a similar Nike FuelBand on his wrist.
NOEL WAGHORN/THE ASSOCIATED PRESS FILE

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Throne speech talks economy, ethics, education

Premier Jim Prentice tells reporters in Banff Saturday that his government will balance its budget.
BILL GRAVELAND/THE CANADIAN PRESS

Premier Jim Prentice's government promised Monday to move Alberta to a more prosperous, responsible economy and back to the basics on ethics and education.

"Nine weeks ago we put Alberta under new management," Lt.-Gov. Don Ethell read in the throne speech to open a new session of the legislature.

"The decisions we make in the next five years must lay the foundation for our (long-term) prosperity and success."

The speech outlines the priorities and goals for the government and its new leader.

Prentice was elected to head the Progressive Conservative party and became premier in September and was one of four successful PC members who won seats in the Oct. 27 byelections.

Earlier Monday, Prentice, Education Minister Gordon Dirks, Health Minister Stephen Mandel and backbencher Mike Ellis were sworn in as members of the legislature.

Prentice has promised to build Alberta's economy while addressing an acute shortage of schools and care beds that has strained resources in a rapidly growing province.

The throne speech reiterated and advanced specific goals the government has to fix those ills, starting with a sound budget that takes into account the vagaries of oil.

"A budget tied to volatile energy prices imperils our fiscal resilience over the long term," read Ethell.

"We must align spending with a realistic assessment of the financial capacity we can sustain responsibly."

Prentice has already acknowledged that Alberta's budget, still heavily reliant on oil revenues, is strained given that oil prices have been hovering around $75 US a barrel. The government budgeted it to be $20 higher.

Full details on where Prentice wants to take the economy are expected to be delivered in the next two weeks. But the throne speech did say there would be low taxes and no sales tax.

Ethell said the government plans to continue to expand its oil markets by pushing for pipelines to tankers on East, West and Gulf coasts and by working to reduce trade barriers within Canada. THE CANADIAN PRESS

School boards back reducing diploma-exam weighting

High stakes. Alberta the only provide to have Grade 12 exams worth 50% of grade

JEREMY NOLAIS
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Alberta school boards voted heavily in favour of reducing the weighting of the province's Grade 12 diploma exams, but the final ruling on such a move will ultimately fall to the province.

At the Alberta School Boards Association's general meeting, more than 80 per cent of boards representing nearly 90 per cent of the province's students vouched for a motion to lobby the province to reduce the diploma weighting from 50 per cent to 30 per cent.

Alberta is the only province to give such weight to the Grade 12 tests and Calgary Board of Education trustee chair Joy Bowen-Eyre said it's been 30 years since the model has been reviewed.

"Alberta Education should be doing periodic research about ... best practices. We feel that our students are at a disadvantage with the 50-50 (weighting)," she said.

By the numbers

30

Calgary Board of Education trustee chair Joy Bowen-Eyre said it's been 30 years since the diploma-weighting model has been reviewed

Calgary's six-member public board actually attempted to bring an amendment that would look at researching an appropriate weighting for the diplomas, but that was defeated by boards who wanted to more hastily pitch the province on changing the weighting.

The board did vote in favour of the reduction to 30 per cent, but Bowen-Eyre noted the Alberta Teachers' Association actually favours a smaller percentage of a student's grade — 20 per cent — be decided by the test.

Linda Wellman, chair of the Calgary Catholic School District, said her group also was in favour of the reduced weighting, adding the current diploma "doesn't seem to fit" with the goals of the province's Inspiring Education plan, which, put simply, focuses on teaching students how to learn, not what to learn.

"It's time for a change," Wellman said.

WITH FILES FROM LEAH HOLOIDAY

A week in the life. U of C researcher tweets what it's like to be an @realscientist

There's not a lot you can express in 140 characters, especially if someone asks you about how an MRI works. But Jeff Dunn, a scientific researcher at the University of Calgary, has been tasked with the impossible for this week.

The University of Calgary researcher has taken control of @realscientists, a Twitter account with 14,000 followers — a jump from his own 350. The account is based out of Melbourne, Australia, but scientists worldwide can sign up to hold the handle for a week, helping raise awareness — as well as reach — for researchers in a variety of scientific fields.

"It's trying to break down some of the barriers," said Dunn. "(To) increase understanding about what a scientist is doing and how that whole career path works."

Dunn said, from what he has seen so far, the account's audience represents a broad range of people, whether it be scientists or just enthusiasts eagerly listening in to hear about a day in the life of a scientist. HELEN PIKE/METRO

realscientists
@realscientists
Real science from real scientists, communicators, writers, artists & clinicians. Curating this week: Jeff Dunn | @JeffreyFDunn

This week, Jeff Dunn, a researcher at the University of Calgary, is manning the @realscientists Twitter. SCREENSHOT

Cochrane

Man arrested trafficking drugs near youth club: RCMP

An 18-year-old man has been charged with possession for the purpose of trafficking after allegedly being caught with marijuana and ecstasy outside of a Boys and Girls Club in Cochrane.

Jacob Robert Dal Pra of Cochrane was arrested around 2:30 a.m. after RCMP conducted a traffic stop in the parking lot of the Boys and Girls Club on 5 Avenue in Cochrane. After investigation on the vehicle, police say they discovered marijuana, ecstasy and other suspected drugs.

Although Dal Pra was arrested at the youth club, local RCMP don't believe he was selling to minors. METRO

Former U of A provost

AHS appoints new official administrator

After three terms as the University of Alberta's provost, Carl Amrhein has resigned from his role and has stepped up to be the official administrator for Alberta Health Services.

The Ministry of Health released details Monday that Amrhein, who had served as Provost and Vice-President at the U of A, would take over Janet Davidson's position with AHS.

In the new position, Amrhein will be responsible to province oversight for the governance of AHS. In a blog post, U of A president Indira Samarasekera said Amrhein's new position will be temporary. METRO

Bottle-picking paragon passes empties empire to new recycler

Airdrie. Never-ending charity drive will go on as 89-year-old retires

HELEN PIKE
helen.pike@metronews.ca

Bottle picking for a cause — that's what one Airdrie resident has been doing for over three years.

But this week, David Loewen, 89, passed on his legacy to a new recycler.

Loewen took up the mantle when he decided he needed more exercise. While his friends were at the driving range, he drove door-to-door collecting empties and cashing in on cartons, bottles and cans.

"A lady stopped me and asked me what I was doing," said Loewen. He explained that he was collecting bottles, not for himself, but for charity. "She gave me her address and said, 'Why don't you stop in; I've got a couple of bags.'"

Once word got around, the local paper published a piece about Loewen's project. That's when the calls began rolling in.

Loewen has more than 100 clients who agree to give him their empties for a good cause. Over the years he's supported more than 20 charities, including the Mustard Seed, food banks and more. He has raised more than $35,000 with donated recyclables alone. But this year he couldn't do it anymore.

"I felt when I went to the bottle depot and unloaded ... some of those bags of glass, they could weigh 70, 80 pounds," he said. "It was difficult for me to lift onto the counters."

But he wasn't willing to put a lid on his legacy. Loewen put a call out, asking anyone interested in taking up his mantle to come forward — and that's how he found Jim McPhee.

"I'm shocked that he's still doing it," said McPhee, who met Loewen at the bottle depot a few years ago. "He asked the question, would we be interested in taking it over.... So I said sure."

Now all the bottles will go to benefit Stephen's Backpacks Society, a group formed by McPhee's son.

David Loewen is ready to hand over his list of bottle-givers. After three years of picking and raising money for charity, the nearly 90-year-old is passing on his legacy to a new recycler. CANDICE WARD/METRO

Police issue warning at start of Bullying Awareness week

To kick off 2014's National Bullying Awareness week, Calgary's Sherwood School invited police to speak about the dangers of over-sharing on the Internet, as well as the effects and repercussions of cyberbullying.

Const. Carter Duchesney addressed the kids Monday morning, telling them whatever marks they leave on the Internet will always be accessible to others.

"The Internet doesn't go away," said Duchesney. "If you guys are doing things online that other people consider to be harmful, there's a permanent record of it. It doesn't disappear."

He added that anyone can find personal information using the Internet, whether it be future employers or child predators.

"Gone are the days of the classic creep standing next to a schoolyard, wanting to access children," said Duchesney. "They know where kids are. Kids are on social-networking sites."

He went on to talk about the short- and long-term effects that bullying has on the three groups involved: the bullied, the bully and the bystanders. All experience different negative effects, he said.

Research shows that one in four students is a victim of cyberbullying, and some researchers believe that cyberbullying can lead to serious psychological, social and emotional harm.

Cyberbullying is considered a criminal act if the victim is contacted repeatedly by the abuser and fears for his or her own personal safety or the safety of others.

YASMIN JASWAL/FOR METRO

Terminology

Cyberbullying takes place when a child is threatened or harassed by another child. As soon as an adult becomes involved, it is considered cyberstalking or cyber-harassment.

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Canada silent. U.S. debates policy shift in strategy against ISIL extremists

The Obama administration is under pressure to stretch the definition of what it means to "advise and assist" Iraqi and Kurdish forces in the fight against the Islamic State of Iraq and the Levant (ISIL).

Whether Canada would feel obliged to follow suit, however, remains a mystery.

U.S. Defense Secretary Chuck Hagel told CNN over the weekend he'll consider recommendations to place ground forces in Iraq to help locate targets if it's recommended by the chairman of the Joint Chiefs of Staff. Joint Chiefs chairman U.S. Gen. Martin Dempsey said last week that when it comes to retaking Mosul, Iraq's second-largest city, it's possible American troops might be needed.

Like the U.S., Canada has a no-combat prohibition on its roughly 69 special forces troops in northern Iraq, and the current combat mission explicitly rules out the deployment of conventional ground forces.

But Roland Paris, an international security expert at the University of Ottawa, says Washington's policy appears to be drifting towards another ground war in Middle East and it's important Canada not follow suit. THE CANADIAN PRESS

Beheadings

Militants lined up behind their victims in the latest ISIL video appear to come from outside the Middle East. See page 10 for more.

Labrador. Residential school lawsuits claim Ottawa is liable

Fred Andersen and other former students of residential schools in Labrador will be in court in St. John's, N.L., Tuesday to fight for an apology and compensation from Ottawa.

They're among just over 1,000 plaintiffs in five certified class-action lawsuits who were excluded from Prime Minister Stephen Harper's apology in 2008 and a related compensation package.

Lawyers for the federal government deny it was responsible for schools located in St. Anthony, Cartwright, North West River, Nain and Makkovik that opened before the province joined Confederation in 1949.

The International Grenfell Association ran the first three, while the German-based Moravian Missionaries ran the other two.

"We had no choice. We had to go," Andersen, now 62, said in an interview. He recalled how frightened he was leaving Makkovik, an Inuit community on the Labrador coast, at the age of 13. He lived at the school for most of the next four years. He said he did his best to stand up for kids who were bullied and that he was aware of both physical and sexual abuse, although he was not a direct victim. THE CANADIAN PRESS

Seniors' residence

Inquest begins into Quebec fire that killed 32

A spokeswoman for the Quebec agency that oversees building codes says she's not sure whether the seniors' residence where 32 people died in a blaze complied with fire-prevention regulations. Coroner Cyrille Delage asked Lise Veilleux on Monday whether the building's older section, which was destroyed in last January's blaze, respected provincial regulations. THE CANADIAN PRESS

No way out

Wind turbines like 'nightmare neighbours'

Wind turbines are like new neighbours who might drive you to distraction and out of your home because you have no legal way to deal with the situation, a packed Ontario court heard Monday. In submissions to Divisional Court, a lawyer for four families fighting large-scale wind-energy projects compared the turbines to a neighbour who is always noisy and in your face. THE CANADIAN PRESS

Nova Scotia donates Christmas tree to Boston for 43rd year

Dan Nightingale, right, fells a 13-metre tall white spruce, this year's Christmas tree for Boston, donated by John and Ethel Ann MacPherson, in Purlbrook, N.S. on Monday. Since 1971, Nova Scotia has given a tree to the people of Boston in gratitude for their assistance following the Halifax Explosion in 1917. ANDREW VAUGHAN/THE CANADIAN PRESS

Tories triumph in both Yellowhead and Whitby

Federal byelections. NDP vote seems to have collapsed in Whitby with less than eight per cent

The Conservative Party of Canada has held onto the late Jim Flaherty's suburban Toronto seat according to a 9:30 p.m. report, while coasting to a decisive federal byelection victory in their Alberta stronghold of Yellowhead.

In Yellowhead, Tory candidate Jim Eglinski, a former RCMP officer and former mayor of Fort St. John, had captured 64 per cent of the vote, a commanding lead with just over half of the polls reporting.

That was well ahead of Liberal Ryan Mahugn at 18 per cent and New Democrat Eric Rosendahl at just under 10 per cent.

Still, the Conservative margin of victory was shaping up to be narrower than 2011 when Rob Merrifield won the riding with a whopping 77 per cent of the vote.

The Liberal share of the vote more than quintupled over the dismal three per cent the party won in 2011, when it finished fourth behind the NDP and Greens.

The NDP was down slightly from its 13 per cent share in the 2011 vote; the Greens did not run a candidate in the byelection.

Tory candidate Pat Perkins eked out a byelection victory in Whitby-Oshawa, fending off a surprisingly strong challenge from Liberal Celina Caesar-Chavannes.

With two-thirds of the polls reporting, Perkins, a high-profile, former two-term Whitby mayor, had taken 48 per cent of the vote — just six points ahead of political newcomer Caesar-Chavannes.

Former finance minister Flaherty, who died suddenly last spring, took the riding with a comfortable 58 per cent in 2011, more than 30 points ahead of his nearest rival.

Support for New Democrat Trish McAuliffe, who came a respectable second to Flaherty in 2011 with 22 per cent of the vote, had collapsed to less than eight per cent.

The close result, despite an all-out push by the Conservatives, suggested the resurgent Liberals may give the ruling party a run for its money in the crucial suburban ridings around Toronto — a key battleground in next year's general election. THE CANADIAN PRESS

Updates

Please visit metronews.ca for updates.

Regulator asks Canadians

How much should voter registry violators pay?

Canadians are being asked for their thoughts about how violators should be penalized for contravening the new voter contact registry.

The country's telecom regulator issued a call for comments Monday on its proposals for imposing penalties, which would take a number of factors into account, such as the nature of the violation and the ability of violators to pay. Under changes enacted in June, most individuals and companies wanting to contact voters during a federal election will be required to register with the Canadian Radio-television and Telecommunications Commission within 48 hours of the first automated call being made.

The government gave the CRTC the authority to impose fines ranging from a maximum of $1,500 for individuals to $15,000 for corporations every time they fail to register or make a call that would be considered misleading.

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- Southgate Mall–kiosk
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Nebraska

Ebola-infected surgeon dies in hospital

A surgeon who contracted Ebola while working in his native Sierra Leone died Monday while being treated in a biocontainment unit at a Nebraska hospital, the facility said.

Nebraska Medical Center said in a news release that Dr. Martin Salia died as a result of the disease. Salia arrived Saturday to be treated at the Omaha hospital, where two other Ebola patients have been successfully treated.

He had advanced symptoms when he arrived at the hospital, including kidney and respiratory failure, the hospital said.

Salia, 44, had been working as a surgeon at Kissy United Methodist Hospital in Sierra Leone. THE ASSOCIATED PRESS

Fighting Ebola

Red Cross faces issues with recruiting health-care workers

Red Cross officials helping to lead the fight against Ebola in West Africa said Monday the virus is still spreading, and they're having trouble recruiting health-care workers to combat it.

Antoine Petitbon of the French Red Cross said that it's easier for him to recruit people to go to Iraq, despite the security hazards there.

He said the French Red Cross is facing an unprecedented challenge: Sixty per cent of people it signs up to work in the Ebola zone back out due to pressure from families and friends.

Red Cross officials, speaking at a joint news conference in Brussels, called on the media to get out the message that Ebola is not highly contagious. THE ASSOCIATED PRESS

European militants prominent in video of beheadings

Militant identified. Officials say thousands of young Europeans have headed off to fight

The cold-eyed militants lined up behind their victims in the latest video from the Islamic State of Iraq and the Levant (ISIL) appear to come from outside the Middle East, including one from France and possibly two from Britain.

The video lingers as much on the faces of the camouflaged extremists as the men who are beheaded. The victims include American aid worker Peter Kassig and more than a dozen Syrian soldiers.

The images of ISIL militants allowed authorities to identify one of them Monday as a 22-year-old Frenchman who converted to radical Islam.

Maxime Hauchard has been on the radar of French authorities since 2011 when he took two trips to Mauritania to attend a Quranic school, said Paris prosecutor Francois Molins.

The overwhelming majority of ISIL fighters are from the Mideast, but the extremist group is trying to cement its claim on an Islamic empire straddling Iraq and Syria.

Europe appears to be a fertile ground to find supporters, with officials saying thousands of young Europeans have headed off to fight. More than 1,000 people in France alone are under surveillance for suspected plans to join the militants, officials said.

In the video released Sunday, a militant whose face was hooded had the familiar London accent of the jihadi who also appeared in beheading videos with American hostages James Foley and Steven Sotloff, and with British hostages David Haines and Alan Henning.

There also were indications that a Welsh medical student may be the man standing next to Hauchard. THE ASSOCIATED PRESS

Peter Kassig

The parents of an Indiana aid worker, Peter Kassig, who was beheaded by Islamic State militants say their son "experienced firsthand more of the harsh realities of life," but chose to believe in the good.

Kenyans rally for women's right to wear what they want

A Kenyan woman protests with others for the right to wear whichever clothes they want, at a demonstration in downtown on Monday in Nairobi, Kenya. A recent incident in which a mob of men surrounded a woman and tore her clothes off, leaving her naked in front of a bus stop after alleging that she was improperly dressed, is one of several videos that have surfaced online in recent days leading to a groundswell of anger. On Monday around 1,000 demonstrators, including a number of men supporting the cause, marched through the capital and protested online using the hashtag #MyDressMyChoice. BEN CURTIS/THE ASSOCIATED PRESS

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Budget. Conservatives checking off 2011 promises

Doubling the children's fitness tax credit. Check.

Income splitting for couples with kids. Check.

The Conservative government has been ticking off boxes recently beside its list of multibillion-dollar, family-friendly promises made during the 2011 election campaign, pledges contingent on a balanced budget.

With a smaller-than-expected surplus forecast for next year, the Tories still have outstanding commitments to fulfil before the 2015 election, such as an adult fitness tax credit and a plan to double the annual limit on tax-free savings accounts. The situation raises a question: Is there enough cash in federal coffers for the Conservatives to make good on these promises in time for the scheduled October vote?

Budget watchers believe so.

They expect there's enough room in next year's $1.9-billion projected surplus, which was smaller than expected after the recent drop in oil prices and the government's commitment of billions of dollars for the family measures.

"The tax cuts basically eliminated about half the projected surpluses and lower oil prices took out a chunk as well — but the projections that the Department of Finance put together are quite prudent," said Scott Clark, a Carleton University professor and former senior Finance Department bureaucrat. THE CANADIAN PRESS

Wiggle room

$1.9B

Budget watchers believe there's space left for the measures in next year's $1.9-billion projected surplus, even though it was reduced by the recent drop in oil prices and the government's commitment of billions of dollars for the family measures.

Hellmann's has some egg on its face

This undated product image provided by Unilever shows Hellmann's real mayonnaise. After suing a small California company for calling its product "Just Mayo" because the product is made without eggs, it was discovered that Unilever had tweaked its website to make clear that some of its own products are "mayonnaise dressing," rather than mayonnaise. Unilever's suit accuses Hampton Creek of false advertising, saying that the word "mayo" implies that the product is mayonnaise, even though it doesn't meet the definition for the product. It says Just Mayo is "stealing market share from Hellmann's." Michele Simon, a public health lawyer, said she was discussing the case with the founder of Just Mayo this past Friday when they noticed the changes being made on Unilever's websites for Hellmann's and Best Foods.

UNILEVER/THE ASSOCIATED PRESS

P.E.I.

Lobster fishery gets sustainable certification

Prince Edward Island is looking to grow its lucrative lobster fishery now that it's been certified as sustainable by an international organization.

The provincial government says the certification from the Marine Stewardship Council is the result of fishermen, processors and First Nations in P.E.I. working together. THE CANADIAN PRESS

Market Minute

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TSX 14,882.50 (+39.40)

OIL $75.64 US (-$0.18)

GOLD $1,183.50 US (-$2.10)

Natural gas: $4.31 US (+$0.16)
Dow Jones: 17,647.75 (+13.01)

Chevrolet joins grasslands project

First corporate participant. As part of program, carmaker has purchased carbon credits equal to taking 5,000 cars off the road

Quoted

"The opportunity here is to create an incentive for real greenhouse gas reductions and good environmental stewardship while supporting agriculture at the same time."

Robert Bonnie, U.S. agriculture undersecretary for natural resources and the environment

Chevrolet is the first corporate participant in a public-private initiative that pays farmers not to convert natural prairie to large-scale crop production, which would release gases that are warming the planet, officials said Monday.

The automaker, a division of General Motors, said it has bought more than 39,000 metric tonnes of carbon credits from North Dakota ranchers in the prairie pothole region, a broad expanse of grasslands and wetlands reaching across the northern Great Plains and parts of Canada.

"The amount of carbon dioxide removed from our atmosphere by Chevrolet's purchase of carbon credits equals the amount that would be reduced by taking 5,000 cars off the road," U.S. Agriculture Secretary Tom Vilsack said.

Grasslands store huge volumes of carbon dioxide, one of the gases most responsible for climate change.

Tilling the soil for agriculture releases the gases into the atmosphere. Preserving grasslands keeps carbon bottled up and preserves habitat for waterfowl and other wildlife.

The program was established amid concern about rapid conversion of the region's grasslands for corn and soybeans, a trend fuelled by rising commodity prices for use as biofuels, said Paul Schmidt, chief conservation officer with Ducks Unlimited. THE ASSOCIATED PRESS

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SHARING LEADS TO CARING: SCIENCE

SHE SAYS

Jessica Napier
metronews.ca

Dining out with a crowd can be a major headache. It's always a challenge to wrangle a group of friends into picking a date and an appropriate restaurant that suits everyone's dietary preferences. After that, you have to try snagging a table to accommodate a large party and bring out the calculators when it's time to pay the bill. All of this effort is enough to make even the most sociable foodies give up a night out in favour of a solo frozen pizza at home.

But before you settle in for a long winter of hermit-style eating habits, consider this: Enjoying food with others is actually good for you — not necessarily for your wallet or your waistline, but it just might help improve your interpersonal skills.

Spending meal times with friends and family and sharing food with one another can lead to increased levels of altruistic behaviour, according to a new study from Belgium published last month in Appetite. In this case, it's not about where you eat or with whom, but *how* you eat that makes a difference.

The study makes a clear distinction between sharing a meal together, and sharing food. Eating off your own plate in close proximity to fellow diners won't make you a better person. Sharing large dishes, on the other hand, encourages considerate and selfless behaviour in everyone at the table.

According to the research report, adults who engaged in shared meals during childhood were more likely to have "prosocial" personalities later in life compared to those who ate in solitary contexts. These communal eaters were more likely to help a friend move, give up their seat on public transit or offer directions to a stranger.

Of course, not everybody likes to share. While collective cuisine is customary in other cultures around the world, North Americans tend to cater more to individual preferences. As a result, people can get pretty territorial when it comes to their food. I know plenty of individuals who refuse to order tapas dishes or "family style" platters because they fear they won't get enough to eat.

Communal dining definitely demands a certain level of cooperation: It forces diners to be considerate of others and not just their own appetites. You have to be flexible, adaptable and open to trying new things — especially if everyone wants to order the calamari and you're a bit timid when it comes to tentacles.

Divvying up your meals requires mindfulness. It means abandoning your individual gluttonous instincts and distributing food equally at the table. You're less likely to overindulge when others are monitoring your portion sizes; no one wants to be the greedy friend who took more than his or her fair share. And just think how much easier it is to split the cheque evenly rather than argue over who had the more expensive entrée.

Regulation: The Coupons Game

A student plays a new board game that ridicules the Communist-era food and goods rationing system, as the game is launched Monday in Warsaw, Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Ration your food! Wash dishes for the collective good! What fun!

A new Polish board game ridicules the Communist-era rationing system that was used in the 20th century to keep prices under control and fight speculation, with food and goods difficult to get.

Regulation. The Coupons Game was launched Monday by the state-run National Remembrance Institute, which teaches Polish history.

The head of the institute's public education section, Andrzej Zawistowski, said state rationing of goods was introduced in times of war or crisis. It was last used in Poland in the 1970s and '80s due to a shortage of food, fuel and other goods.

THE ASSOCIATED PRESS

How to play

In the game, players are tasked with duties such as cooking a dinner or doing the washing.

- They need to trade their rationing coupons cleverly to be able to buy the necessary products before they run out.

MetroTube

The cutest way to overcome your fears

ANDREW FIFIELD
andrew.fifield@metronews.ca

OK, so we're not going to crack wise about why Queso the pit bull is so frightened of passing through doorways, because such a terrifying association is sad. But Queso is all good now, and appears to be in an extremely healthy and happy home — one so comfortable, it's provided him with the security to come up with a clever workaround. (Rhiannon Hamm/YouTube)

ISTOCK

Twitter

@metropicks asked: Chopin died in Paris, but he wanted his heart sent to Poland. Where would you like your heart to rest?

@LoveLevity: I would like my ashes spread at some of the worlds best festivals. Burning man in the US and Shambhala in Canada.

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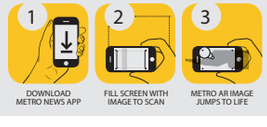

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Wolk-case scenario? Fans can't quite place his face

Television. Busy actor James Wolk isn't complaining if viewers recognize him, but don't know from which show

NED EHRBAR
Metro in Hollywood

James Wolk GETTY IMAGES

Always Woodstock star James Wolk has become a familiar face to viewers all over, thanks to work on the small screen on Mad Men, Shameless, Happy Endings, The Crazy Ones and a slew of other shows. But he still sometimes forgets about that when he runs into those viewers in public.

Have you ever had your own quarter-life crisis like the one Catherine (Allison Miller) has in Always Woodstock? Where you start to question everything you've been doing with your life?
You know, Catherine obviously goes through a huge quarter-life crisis. For me, I think getting into my late 20s really shifted where I place importance in my life. There are definitely a few times I could point to, a pivotal time where there was a change in my focus. I don't know if that's a quarter-life crisis so much as a quarter-life, like, taking stock of ... yeah.

Like a readjustment?
Yeah, a quarter-life readjustment, perfect. It doesn't sound as dramatic. Hey, maybe mine's still coming, who knows. You never know. Thank God I've been busy, and it's been an incredible journey. No career doubts, nope.

Do you get a sense when people see you on the street which TV show they're recognizing you from?
I don't even know. It's a real crap shoot at this point. It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one: Somebody the other day was like, "You know who you look exactly like?" And I think it's maybe because I don't carry myself in a (famous) way. I don't come in with my sunglasses and my head down. I don't come in as though I am anyone because, number one, I don't think that I am, and I also kind of forget that I've been on these shows. So I walk in and I'm waiting to order my coffee or something, and someone will look at me and I'll be like, do I have something on my face? What's going on? I literally forget that I'm an actor. So I think that translates, and then they go, "You know who you look like?" Sometimes I'll be like, "It's funny you say that, I get that a lot," or sometimes I'll just be like, "Yeah, it's me."

Wait, how often do you pretend you're not you?
Very rarely, very rarely. Because I almost think it's rude.

I know you're not really allowed to talk about what's going to happen on Mad Men, but let's talk about what already has happened. Have you lost your fan favourite status since how the last few episodes shook out for Bob Benson?
Yeah, the fans were like, "How could you?" People became indignant about it, it was amazing. It was really unbelievable. He definitely was beloved, and we'll see what happens. I can't say anything about what's going to happen, yeah, but it's amazing to see people respond to him like that — or, you know, not respond to him.

Quoted

"It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one, somebody the other day was like, 'You know who you look exactly like?'"
Actor James Wolk

DVD review

22 Jump Street

Directors. Phil Lord, Christopher Miller

Stars. Channing Tatum, Jonah Hill

There's nothing Channing Tatum and Jonah Hill guys won't do (or redo) for a laugh, the bigger the better and as stupidly as possible.

While everything in 22 Jump Street is writ larger from their earlier pairing in 21 Jump Street), it's also mirthfully familiar to their earlier hit. They're still going undercover as students, to college this time instead of high school, and once again sleuthing the source of a lethal new street drug.

They're also once again under the anarchic guidance of co-directors Phil Lord and Christopher Miller.

22 Jump Street may sound like a cash grab in yet another franchise, but Lord and Miller mercilessly riff on that very idea. This is serious meta mayhem.

PETER HOWELL

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Exotic, majestic and lovable — pigeons?

Television. CBC documentary shows a whole different side of the lowly bird that city-dwellers often treat with contempt

RICHARD CROUSE
scene@metronews.ca

Whether they're invading your condo balcony, blocking the sidewalk, ruining lunch on the patio or bombarding your car, there's not a whole lot of love out there for pigeons.

But director Scott Harper would like to change all those rat-like perceptions of these noble birds.

"They have a varied and amazing story in service of humankind," he insists.

"What makes them kind of lovable is that they've done all this for us and yet, for the most part, they are greeted with contempt."

Harper's documentary, The Secret Life of Pigeons, airs Nov. 20 at 8 p.m. ET on CBC's The Nature of Things.

"We were looking for a nature story that hadn't been told yet, and their story was just unbelievable," he says.

"They are the world's oldest domestic animal. You see them in ancient Egyptian hieroglyphs, in Mesopotamian tablets," he notes. "They were the first animals used to communicate. In ancient battles, Genghis Khan, Julius Caesar and the Egyptians used them to send messages across enemy lines.

"They were the first phone service, the first postal service. Before that, they were domesticated as food," he adds.

"So they've been a source of food, they've been an amazing source of communication, especially through war, delivering medicines, financial information and, eventually, they also became a source of entertainment; racing the birds, breeding the birds."

To illustrate the majesty of the city pigeon, Harper strapped a camera on one of them, literally giving us a bird's eye view of Toronto.

"What you get from that is a perspective on the city, and just how nimble they are."

Pigeons are the world's oldest domestic animals, dating back to ancient Egypt, and were the first form of long-distance communication. A documentary celebrating the misunderstood bird airs Thursday on CBC. CONTRIBUTED

Harper's documentary also profiles Cliff Robertson, a Manitoba cattle farmer who has kept birds since he was five, and now has 800 fancy Jacobin pigeons.

His favourite breed is an eccentric-looking bird with "a collar of feathers that grows from the neck and radiates upward, encasing the head. People would not recognize them at all as a pigeon."

"We don't know how many varieties there are," Robertson says. "We are guessing there are in excess of a thousand species of pigeons."

He notes there are organized pigeon clubs and contests on every continent except Antarctica.

"I've judged all over the world. I've judged in Saudi Arabia, Bahrain and Qatar. When I go there, it is unbelievable. You walk in and you're like a rock star. Seven out of 10 men who have hobbies in the Middle East have birds. Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Harper isn't surprised by the popularity of pigeons around the world.

"If you look at them long enough, you'll see something quite exotic and something quite impressive, as opposed to something dirty."

Quoted

"Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Pigeon fancier Cliff Robertson, on the popularity of raising and racing the birds

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Maria Shriver

Maria Shriver is not a Miley Cyrus fan

You know who's not totally jazzed about Patrick Schwarzenegger dating Miley Cyrus? His mom, Maria Shriver. In fact, she's "horrified" about it and is "violently" against the pairing. And that's apparently not news to Schwarzenegger, who was photographed kissing Cyrus over the weekend. "They have been hiding it. The kiss was so orchestrated and so planned to be like, 'OK, here you go,'" a source with intimate knowledge of what it was *so like* says. "Instead of him being a good influence on her, she might be a bad influence on him," a source says.

Colin Farrell ALL PHOTOS: GETTY IMAGES

Farrell flexes writing muscle in support of equality

Colin Farrell is making noise for gay rights in his home country — and letting everyone know that he has a very attractive gay brother in the process (even if that brother is off the market already).

Farrell published a letter in Dublin's Sunday World pushing for marriage equality in Ireland. And, as it turns out, the Total Recall star has quite a way with words. "My brother Eamon didn't choose to be gay. But he was always proud of who he was. Proud and defiant and, of course, provocative. Even when others were casting him out with fists and ridicule and laughter of pure loathsome derision, he maintained an integrity and dignity that flew in the face of the cruelty that befell him," he writes.

"The fact that my brother had to leave Ireland to have his dream of being married become real is insane. It's time to right the scales of justice here."

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Nicki Minaj

Nicki Minaj's credit score takes a dive

Nicki Minaj has seen her credit score drop nearly 100 points ever since an outlet accidentally published her social security number while writing about the R&B star's 2003 shoplifting arrest, according to Radar Online. "Nicki's credit score dropped almost 100 points soon after because there were many inquiries into her financial records. The credit reporting agencies, detecting a lot of irregular activity, immediately notified Nicki's camp," a source says. "Since Nicki's social security number was made public on the booking information sheet, and that was leaked to the media this week, it's out there now. Nicki might have to get a new social security number. It's caused her a lot of stress."

The Word

Bono's bike boo-boo brings Tonight Show bow-out

NED EHRBAR
Metro in Hollywood

First the falling luggage, now this. Bono of U2 fame is proving he's a danger to himself and others. And it doesn't matter whether he's in the air or on land.

I'm assuming next week he'll fall over the railing of a cruise ship like Pete Campbell's mom.

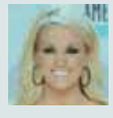
Bono was bicycling in Central Park recently when he took a nasty spill — so nasty that he has to undergo surgery to treat an arm injury.

The spill has spurred the band to postpone a planned week-long residency at The Tonight Show, the other three U2 members announced on the band's site.

"It looks like we will have to do our Tonight Show residency another time — we're one man down," the message reads. "We're sure he'll make a full recovery soon, so we'll be back!"

Given Bono's recent penchant for disaster, this message sounds kind of ominous, if not downright threatening.

Twitter



@carrieunderwood
SNOW!!! Break out the Christmas music & decorations! I wonder if I can get the tree down from the attic by myself. #JustPushItDownTheStairs

@RedHourBen
Mussolini bad. Architecture good.

@josswhedon
Everyone is beautiful when they're slightly far away. All political structures are perfect in theory. Humanity's a jewel if you squint.

Want to get waisted?

Waist training. An updated version of the 19th-century corset is making a comeback

IZABELA SZYDLO
life@metronews.ca

If you knew Kim and Khloe Kardashian and Jessica Alba wore a corset to attain that elusive hourglass figure, would you wear one, too?

If Instagram's almost 300,000 search results for the hashtag #waisttraining are any indication, celebrity endorsements seem like a good enough reason to say yes.

But is waist training all it's laced up to be?

Aisha George is the owner of 416 Hour Glass Girls, a Toronto company specializing in waist trainers.

Before launching her business a year ago, George had an accident that resulted in lower back pain. Her doctor recommended a waist trainer for support and, to George's surprise, the unintended side effect was weight loss.

She says she went from an extra large to a medium in five weeks.

"It is a modernized version of the corset," she says. "Most of the waist trainers are made of latex or cotton with boning and have only two hooks in the back. So it isn't the extreme corset with lacing from the Victorian era."

George says the idea is to wear the garment for a minimum of two to a maximum of eight hours daily, which, due to the compression, encourages the intake of smaller meals and also causes extreme sweating in the mid-section. If used consistently, supporters claim it will radically reduce and reshape the waist.

The idea behind waist training is that the garment will cause extreme sweating in the midsection and result in an hourglass figure. CONTRIBUTED

But Rita Catolino, a certified personal trainer and online transformation coach, isn't buying it.

"We're in this society of instant gratification and it's playing on people's desperation. You can't put something tight around your body and have it change on a cellular level or lose fat percentage," says Catolino. "All you're doing is shifting the weight around. You're going to sweat more so you'll lose water weight, but in two days, when your body rehydrates, that weight is coming back."

While 19th-century corsets were laced in the back, the waist trainers gaining popularity today have a hook system. ISTOCK

Catolino also identifies a host of health concerns that could arise from waist training, such as bruised ribs, digestive issues, respiratory problems and chafing.

"It's almost so obvious how bad it is," she says, pointing to digestion as an example. "The whole process of digestion starts from swallowing to food being broken down and moving to your colon. If things are being squished it won't happen the way it should."

George, however, chalks up the possible dangers to a matter of sizing.

"No one who has purchased from me has experienced digestive issues because I ensure my clients get proper sizes," she says.

"If you are a large but get a small, you will have extreme discomfort. That is not the safe way to waist train. You should be able to breathe, eat and work out in the garment. Yes, you may want to eat smaller portions, but that is what many fitness experts recommend anyway.

"I also recommend wearing a camisole under the garment to prevent skin issues."

One of George's clients, Kim Thornhill of Oakville, Ont., uses the more breathable cotton waist trainer during cardio. She says despite the possible dangers and the fact that currently no medical research exists to support waist training as a weight-loss method, she isn't discouraged.

She does, however, believe people shouldn't rely solely on the practice.

"I use the waist trainer as an aid in maintaining an hour glass shape and I'm also supporting that with exercise, eating right and yoga," she says. "As with anything, people can take it to the extreme. But I've seen results from waist training and plan on continuing."

Kim Kardashian gushed about waist training with this post. INSTAGRAM

The slow and steady way

While George encourages her clients to pair waist training with diet and exercise for optimum results, Catolino is an advocate of working with what you've got. "You can make your waist look smaller by training your shoulders with lateral pull-downs, lateral raises and overhead presses. When you have larger shoulders, you're going to have that V-taper. Training your glutes is another way. The higher and bigger your glutes, the smaller your waist will look."

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Decisions, decisions

The influence of intuition

Intuition tells us more than we sometimes care to admit about the quality of our decisions, according to a new study led by Ryan B. Scott at the University of Sussex in the U.K. The results of the study, which involved 450 unpaid participants, suggest the unconscious assesses the accuracy of decisions in a way that's unrelated to the information used to make them, a phenomenon called "blind insight." **AFP**

Racing toward a life less ordinary

Wellness. At age 17, Ryan Reed was told he'd never race again; catch him in NASCAR's junior league this season

EVA KIS
Metro in New York City

Ryan Reed's race car is outfitted with a dashboard that includes a blood glucose monitor. CONTRIBUTED

Ryan Reed may be on the fast track to NASCAR racing, but he had to get there his own way.

When they were growing up in California, Reed's older brother Cole drove a Ford Mustang, the same car Reed now races. Though he says he has "a lot of pretty awesome memories" of his brother's car, they're all from the passenger seat.

"There was no chance of me driving it," he tells Metro. "My first car was actually the truck that pulled my race trailer."

Getting behind the wheel wasn't his only challenge. Reed, 21, is in many ways not the typical Type 1 diabetes sufferer. He was diagnosed in his late teens with the disease, which (like Type 2 diabetes) has a genetic component but is triggered by unknown factors.

"I definitely had a lot of the symptoms. I was pretty sick, but it was still a shock," Reed says. "I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me."

The heaviest of his concerns was about his career: By age four, he was already a Kid's Kart Track champion, and by eight, Junior 1 Corner champ. But doctors told him he would have to give it all up.

"I felt like I could adapt my life, but not to race would be really hard to accept."

So he didn't. Reed began managing the disease, instead of letting it set the boundaries.

His Roush Fenway Racing stock car is outfitted with a rig that allows him to drink fluids while racing, and he receives insulin injections during pit stops.

But, as with racing, managing his condition is about preparation through a healthy diet and exercise.

He works with a nutritionist and does strength and endurance training at the gym.

And besides his car, there's another machine that travels with him on race day: a road bike.

"The tracks tend to be in really beautiful areas, so I'll get on my bike and check it out."

Through Drive to Stop Diabetes, Reed works with children's organizations, and though he's usually asked about what brand of insulin pump he uses and how often he checks his blood sugar, it's hearing about what's still possible with diabetes that gets kids excited.

"I have Type 1 diabetes, and I'm still driving a race car. It doesn't make (diabetes) cool, but it makes it a little less scary."

Finding out the facts

I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me.
Ryan Reed, NASCAR driver

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Stress less and rock your finals

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You can't spell studying without "dying," but it is possible to suffer less during the storm of December finals.

Ryerson University student Danni Gresko wrote a popular blog post called Crazy Study Tips to Help You Rock Your Final Exams, including the suggestion of peppering your text books with gummy bears, and eating them every time you finish reading a section. Yum. Also, schedule time to watch hilarious YouTube videos, as laughter now can prevent crying later.

"Schedule study breaks," Gresko tells Metro. "They are just as important as study time. Watching a movie or going for coffee for an hour to clear my head is so important. It helps with focus and keeps my mood up so I don't feel overwhelmed.

"Everyone is stressed during this time of year. It's so important to be prepared. You will stress less if you plan ahead, create a study schedule and stay focused."

Find tricks that work for you. For example, when Gresko needed to remember the year 1987 for a course, she thought about hockey player Sidney Crosby — No. 87.

Then, teach your friends.

"It helps to discover what material you're unsure of," she says.

Jen Thoma of the University of Saskatchewan polled students for their study tips. The word "balance" came up repeatedly. Alternate between studying and taking a walk or going for coffee since it gives your brain time to process what you are learning.

She says some students find it works best to tackle the hardest tasks first while they are fresh, and then take on the "easy" ones later.

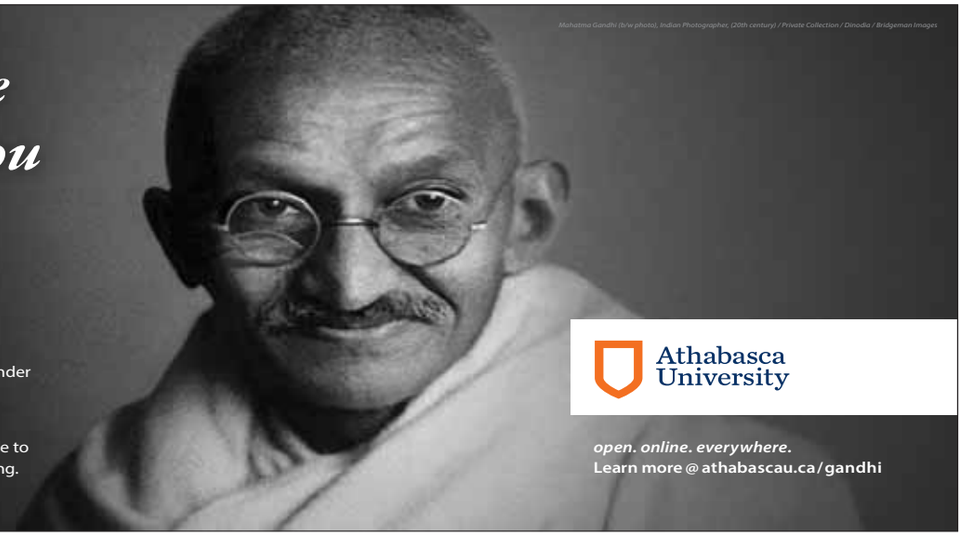
"Take some time to review your schedule for the final weeks of the term and to brush up on your study skills such as reading, writing and preparing for exams," Thoma says. "There are many good online resources, including study skills handouts and videos available on the uSask University Learning Centre website and on websites of other universities."

Gresko says when the moment arrives, she watches many other students freaking out and panic-studying in the final minutes before an exam. Relax.

"If you studied enough, there's no reason to panic like this," she says. "A half-hour before the exam, put all notes away, find somewhere to chill out and put your iPod on. Your state of mind before the test is so important for success, and if you're panicking you won't do well."

– Jon Tattrie

"Live as if you were to die tomorrow. Learn as if you were to live forever."



Mahatma Gandhi (b/w photo), Indian Photographer, (20th century) / Private Collection / Dinodia / Bridgeman Images

› Mahatma Gandhi: *Pioneer of Peace*

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SCHOOL OPENS DOORS FOR OPPORTUNITIES

Following high school, Isaac Ward took a few years off to work, and during that time he worked as a Zamboni driver.

Now, Ward is enjoying working in a neuroscience research lab and has started a small biotechnology company that focuses on synthetic biology, called Synbiologica Ltd., all thanks to his education at the University of Lethbridge.

When he initially returned to school, he was pursuing a career in outdoor leadership to become a mountain guide, but an unexpected injury forced him to pursue a new career direction.

"It was at this time that I began to explore the exciting world of neuroscience," says Ward.

"Following a year of open studies I discovered my passion for neuroscience and found the program at uLethbridge."

Originally from Sherwood Park, Alta., Ward moved to Lethbridge — home of the Canadian Centre for Neuroscience — to work on a neuroscience degree at an undergraduate level.

"ULethbridge has provided me with a number of exciting opportunities from hands-on lab experience, to international travel and competitions, and even a few scientific publications," says Ward.

For Ward, it was the applied research opportunities in both neuroscience and synthetic biology that were extremely valuable to his success.

Over the course of his studies, Ward was able to learn from some of the top professors in neuroscience and engage in research though independent studies.

During independent studies, a student is able to gain hands-on experience in a research lab and work on a current research project.

"These research opportunities have allowed me apply the theoretical knowledge gained in my classes to engaging research projects," says Ward.

"The small classes have been great for not only learning, but fostering a social cohort that extends well beyond immediate classes."

He is in the process of patenting his company's big idea — a biomedical technology that provides rapid hormone-detection results.

Isaac Ward CONTRIBUTED

University of Lethbridge ranks high in survey

For the third straight year, the University of Lethbridge is ranked in the top three in the primarily undergraduate category of the annual Maclean's university rankings.

"Our university continues to be a leader in the Maclean's university rankings each year by offering our undergraduate students opportunities that are just not available to most undergraduate students at other institutions," says Natasha Buis Deering, director of enrolment services, uLethbridge.

"Our faculty are unique in that while they are researchers, they also strive for teaching excellence; our students are engaged in the classroom and given opportunities to research, learn and explore shoulder to shoulder with our faculty."

Buis Deering says she believes research opportunities for the students is one of the reasons uLethbridge continues to do well in the rankings.

"Typically, people associate research with natural sciences or as something that takes place exclusively in a lab, but most professionals can attest to the fact that in almost every job research skills are critical to success," says Buis Derring.

"In many institutions, the opportunity to really get involved in research is something that isn't offered to the undergraduate population and students have to wait until the begin their graduate studies to really get involved in research."

This month, attend the information session and learn why uLethbrdige is consistently one of Canada's the top destinations for students.

CONTRIBUTED

Learn more about the uLethbridge campuses in Lethbridge, Calgary and Edmonton, the more than 150 programs, and the amazing opportunities for students.

"By bringing these events to other markets students are able to actually meet with staff, students and alumni at the events and really get a sense of whether or not uLethbridge is right for them," says Buis Deering.

For more information, visit discover.ulethbridge.ca

On Nov. 26, starting at 7 p.m., attend the uLethbridge Calgary Campus information session. The session takes place at the Bow Valley College campus (home to the uLethbridge Calgary campus), on the 6th floor, at 345–6th Ave., SE.

On the spot admission will be available.

YOUR EDUCATION AN INVESTMENT INTO YOURSELF

The University of Lethbridge understands your university education is a big investment — in you.

The school thinks you are worth investing in, too.

"We want to reward the students who choose to study at uLethbridge for their academic achievement," says Kari Sackney, student communications co-ordinator, enrolment services, uLethbridge.

"We also think it's important to provide financial support to a large number of our students."

To help students, uLethbridge offers students financial awards such as the Board of Governors' (BOG) awards.

These awards are broken up into two categories — the BOG admission award and the BOG relocation award.

Apply to uLethbridge by Dec. 15 to be considered for up to $1,500 in awards, with no additional application required.

For more information about this award, email inquiries@uleth.ca, call 403-329-2762, or online visit Discover.ulethbridge.ca/awards.

CONTRIBUTED

Value of emergency management

Recent natural disasters, such as the 2013 floods and the September snowstorm that downed thousands of Calgary trees, have shone a light on the value of emergency management and disaster recovery.

In response to this, Mount Royal University continuing education is offering a new program in emergency management and disaster recovery.

"Responding and managing an emergency event is, arguably, straightforward, with the focus on life safety and the protection of infrastructure," says Steve Armstrong, instructor and program developer. "But the long-term recovery of people, families and communities following a disaster requires a host of actions to restore the physical, economic and social functions."

Armstrong says recovery is the least formal phase of emergency response and there are few, if any, opportunities in Canada to learn the practical and applied aspects of recovery.

"The course is being developed by some of the most experienced recovery experts in Canada and to my knowledge it is the only post-secondary institution that has the foresight to develop a program of this nature," Armstrong says.

The program consists of four, 15-hour classes aimed at community and economic development professionals, social workers, public health workers, consultants, etc.

"In Alberta alone we have had two of the largest and most complex recovery operations in Canada with the Slave Lake fires and the 2013 southern Alberta floods," Armstrong says. "What these two events have shown is that once the emergency phase is over, there are precious few people who have the education and experience to manage the long, hard work that goes into recovery."

Students will learn how recovery fits into the emergency management cycle, how to assess the impact on a person's or a family's ability to recover from a disaster, and how to identify gaps and unmet needs of individuals, families, and communities, and to plan, act and/or advocate to meet those needs.

For more information, visit conted.mtroyal.ca/emergencymanagement.

GAIN AN ADVANTAGE FOR EXAMS

One can never be too prepared when it comes to exams.

Diploma exams can make or break post-secondary education plans for high school students.

To give high school students that extra leg up when it comes to their exams, Mount Royal University (MRU) is offering the high school diploma exam prep program — starting with biology 30 in January.

"We wanted to design a course that would have meaningful, hands-on learning activities for some of the more difficult concepts in the biology 30 curriculum, as well as a thorough review of the entire course," says Andrea McLeod, biology instructor and designer of the biology 30 prep course. "We also wanted to give students an opportunity to review previous diploma questions, as well as general test-taking strategies to help increase their potential marks."

Aside from giving students the extra help they may need, the course also gives students an advantage over the rest of the pack competing to get into the same post-secondary institutions.

CONTRIBUTED

"Since the diploma exam is currently worth 50 per cent of their final mark in the course, anything students can do to help increase their mark could potentially increase their options for post-secondary programs," McLeod says.

Students will have an opportunity to review previous diploma questions, as well as gain general test-taking strategies to help increase their potential marks.

With smaller class sizes, experienced biology 30 teachers and a more hands-on approach to course review, students are given a unique opportunity to be more engaged than they might be in other, much larger classes that are offered elsewhere.

For more information, please visit mtroyal.ca/highschool.

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Move up the corporate ladder with U of Calgary

If you are looking for a way to refocus your career, move into management, or change fields — without leaving your job — University of Calgary continuing education may be the answer.

Continuing education offers more than 45 certificate programs, including a range of business and management programs.

Jon Feilding, Mike Eckinger and Cheryl Palamar are recent certificate graduates who turned to U of C continuing education for career solutions. When Feilding came to Calgary in the 1990s, he settled in the IT field.

"I enjoyed the technical work, but wanted to advance my career, so I began looking for ways to fill in a few gaps," Feilding says.

He enrolled in the professional management certificate in 2009 with the view that if an opportunity came along, he would be ready.

When a leadership role became available, he applied and got the position.

"What differentiated me from some of the other applicants was that I'd taken the time to learn not only the technical skills, but also the management skills required for the role," Feilding says.

Eckinger had already completed the security management certificate through continuing education, when he discovered the health, safety and environment (HSE) certificate program and realized it could further enhance his career.

Since graduating from the HSE program in 2014, Eckinger has moved on to a new company, taking on a position as manager of security and life safety for a portfolio of buildings in the downtown core.

"It is a step up from my previous position," Eckinger says. "However, I feel well-prepared, in part because of my two certificates."

After graduating from UCalgary in 2003, Palamar worked in banking, but before long, she was rethinking her career path.

She enrolled in the public relations management certificate and, soon after, began working with a well-known restaurant chain.

"It was an entry-level position, and the fact that I was already enrolled in my program definitely helped me get that job," Palamar says.

Six years later, working as the manager of marketing and communications with the same employer, and recently completing the last few courses toward her certificate, she accepted an offer from another popular restaurant chain. "This job is a wonderful mix of what I love," Palamar says.

Cheryl Palamar enrolled in University of Calgary continuing education. CONTRIBUTED

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QUALIFIED TRAINING AT ABES

A career as a health-care aide is a career that makes a difference, not only in the lives of patients, but also for the aide themselves.

The health-care aide program offered through ABES (Alberta Business and Educational Services) is offered evenings and weekends to allow students to work full time while going to school.

The new flexible learning options are great news for both busy students and the industry, as more students will be able to complete the program and be work-ready.

"ABES is the best place to take health-care aide training in Calgary," says Julie Wright, campus co-ordinator, ABES. "We use both classroom instruction and hands-on clinical training to give our graduates the confidence and experience they need to enter the workforce."

ABES runs in partnership with Alberta Health Services, Calgary Lab Services, and Alberta Human Services, which is the main employer (but not only) for ABES graduates.

"ABES works directly with local employers to better understand all of their requirements for employees," Wright says. "Through our program, you will earn the government of Alberta health-care aide certificate to qualify as a Calgary health-care aide."

CONTRIBUTED

This program trains students to become fully qualified to work in a hospital, nursing home, group home, or care facility in just 21 weeks.

Students will gain the skills they need to work in these settings, as well as gain extra certification in a number of other areas, such as first aid certificate for health-care professionals, CPR certificate for health-care professionals, hospice and palliative care certificate, WHMIS certificate, and many more.

"These comprehensive certifications will ensure that you have the qualifications you need to work at any location you prefer," Wright says. "We also offer additional certifications to meet employers' specific requirements."

ABES graduates boast a 90 per cent employment rate. ABES offers students three separate clinical rotations as part of the practicum component of the program. About 80 per cent of students are hired before their final practicum is complete.

For more information about this program, visit abes.ca.

Break it down for a great break

How can you make the most of your winter break?

Metro asked the experts for you, who offered these tips:

1 Study hard. McGill University student Olivia Hoskins says if you are going to use the break to study, plan it out with an agenda. "You can get a mental map going and are able to prioritize," she says.

2 Talk to your money. Can you afford to fly away, or will that just cause financial grief? "I know looking at numbers can be scary, but it's even scarier when you're supposed to spend $200 over your week off and end up blowing $2,000," Hoskins says.

3 Maximize your money. Instead of going to the movies with friends, invite them over for a Netflix marathon.

4 Tune up: Think about non-family things you can do while home. Hoskins visits her dentist, doctor and optician while she is home.

5 Summer dreaming. Many summer jobs will already be posted and some have cut-off dates of January or February. Find your dream job, prepare the application, and apply now.

CONTRIBUTED

6 Schedule your vacation. Student services at the University of Saskatchewan says you might need to schedule your downtime since visiting old friends, grandparents and any new babies in the family can quickly consume your entire break.

7 Stick to your plan. If you decide to study, and then put it off for eight days, you will feel doubly bad — you will feel guilty for goofing off, you won't have really relaxed. Make a plan and stick to it.

8 Mix it up. Take the first few days totally off, then return to campus and dedicate yourself to a monkish life of study.

9 Prioritize. Do assignments and reading that will be due right after the break first so you don't find yourself behind even after you studied ahead.

– Jon Tattrie

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Leave positive social impact with Ambrose

The Ambrose business program reflects the growing shift in societal values and expectations of the business sector, where social enterprise, corporate social responsibility, and sustainable development locally and globally are seen as opportunities to create a flourishing society.

"We live in a world that no longer considers sustainability and collaboration as an option — it's a requirement," says Randy Poon, associate professor and program chair, business administration program, Ambrose University. "Our students will be prepared to contribute and lead in their respective fields."

Students will not only acquire the core business degree curriculum offered by leading business schools around the country, but will also learn what it means to collaboratively create values-based solutions that will leave a positive social impact.

This program aims to develop students to be critical thinkers and leaders in these areas, while also providing students with a general business background in finance,

CONTRIBUTED

marketing, accounting, and information systems.

Ambrose offers two degrees, and also offers or contributes to the following minors — business, development studies, industrial and organizational psychology, and poverty studies.

To learn more about this program, Ambrose is holding a free information session Nov. 27 beginning at 6 p.m.

For more information or to register, please visit ambrose.edu.

CONNECT ANYTIME OR ANYWHERE ONLINE

ROBERTSON COLLEGE

Over the past few years, online learning has become increasingly more popular.

Busy work schedules and life commitments make it difficult to set aside time and money to pursue desired training, and this is where online learning has the advantage.

"Our online programs are designed to meet the needs of different learning styles," says Audrey Blatz, director of online, Robertson College.

Robertson College's online training offers students the ability to connect anytime, anywhere in programs that are industry driven.

Although programs are taken online and not on campus, these students still have access to Robertson's career services, just like all on-campus students.

"All Robertson College diploma graduates have the opportunity to work with our career services group for life to help them find a job in their field of study," says Blatz.

Robertson's online programs are now student aid approved in Alberta, opening the door for many students to pursue their career goals.

"The approval of student aid provides a larger group of people to pursue their education while continuing to work and support themselves and their family," says Blatz.

Audrey Blatz. CONTRIBUTED

This announcement is great news for students who have tried to enrol previously, but were unable to because of lack of finances.

For more information or for a list of online programs, visit robertsoncollege.com.

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NOVEMBER 26

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"Legal administrative assistants are in demand and the diploma program from the Academy of Learning gives our graduates the edge in obtaining these prosperous careers," says Charles Jarvis, general manager, Academy of Learning.

Students will learn about topics such as criminal law, family law, estates and corporate law. The program is taught by industry experts to provide students with relevant and up-to-date knowledge in the field today.

"Students find this 10-month program covers everything they need to learn for a successful and lucrative career in the legal field," says Jarvis.

Academy of Learning is focused on providing flexible learning options to meet the needs of its students in many programs for either occupational training through diploma programs or skills upgrading courses.

Academy of Learning is Canada's largest network of career colleges where students can earn their diploma in less than a year.

For more, visit academyoflearning.ab.ca.

Columbia self-defence course sets gold standard

Learn various techniques to protect yourself

Protecting yourself is a vital skill.

The new pressure point control tactic course (PPCT) at Columbia College was designed mostly for security professionals, but can be taken by anyone who would like to learn how to protect themselves.

"In light of the negative publicity around security guards using excessive force in the last few months, this course is designed to teach individuals how to use it effectively without doing unnecessary harm to the other subject," says Laura Trettwer, program co-ordinator, Columbia College.

This course consists of 38 hours of instruction over five days, where students will learn a variety of skills and PPCT practical knowledge.

Students will learn techniques for controlling aggressive and combative subjects through pressure points and will be able to neutralize an aggressive assault through use of blocks, punches, and kicks.

"The PPCT course was the first subject control system designed around tactical, legal and medical research," Trettwer says. "It is the most popular defensive tactics course in the world and is the gold standard for entry-level training to police departments, correction facilities and security providers around the world."

For more information, visit columbia.ab.ca.

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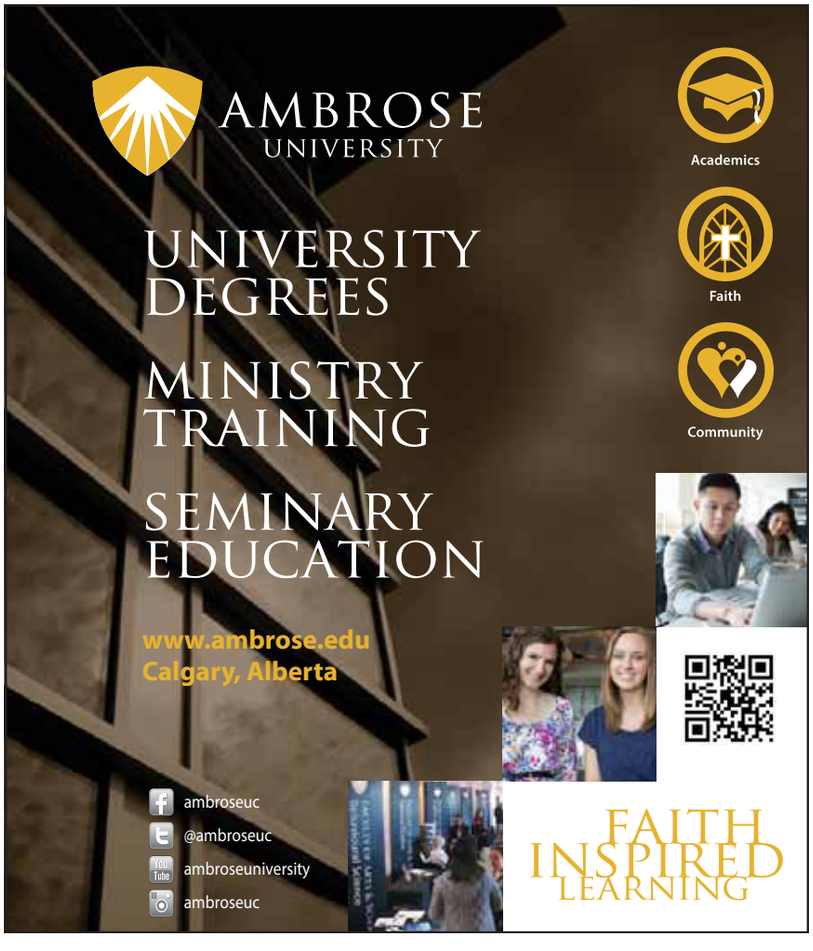

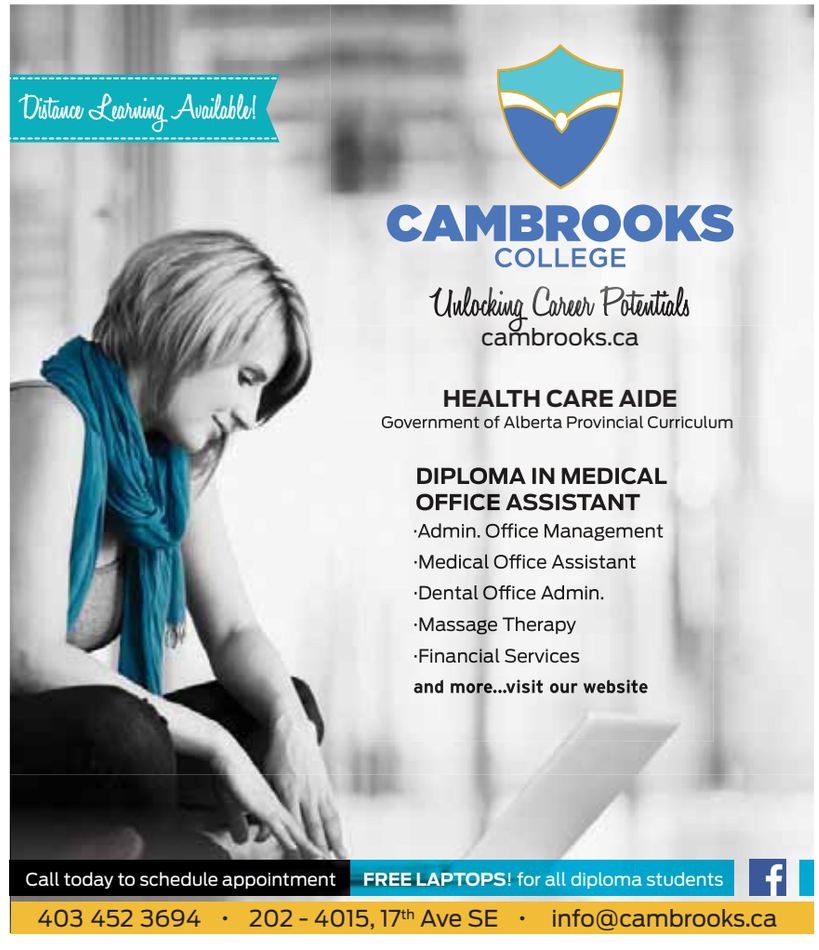

Dr. Glenn Berall. CONTRIBUTED

MBA offers another perspective

Dr. Glenn Berall (MBA, 2007) was only four years old when he decided to become a doctor. Since then, he has helped children around the world for more than 30 years by confronting the issues that people sometimes don't want to face. For all he has done in his laudable medical career, he received Athabasca University's 2014 distinguished alumni award.

"I tend to work in areas that people are not comfortable with, and childhood obesity is one of them," says Berall, a globally recognized pediatrician who has focused his career on nutrition.

"It's gratifying to see people finally paying attention to childhood obesity," he adds, explaining that, 30 years ago, it was clear that few people wanted to think about it. But during his career, he has seen a definite shift.

"It means we'll finally get somewhere," he says.

It is Berall's determination to improve children's lives that led him to AU's MBA. He was the chief of pediatrics at three different health centres at the time and recognized that the systemic change necessary to make a difference in children's health needed to be based on sound business models.

"The MBA has been exceedingly useful because it gave me another perspective," he says.

It provided tools that he used in his role as chief and that he continues to use in his health-care consulting business.

And in addition to being able to maintain heavy professional commitments while he completed his MBA, he received an unexpected personal benefit from the program — he met his wife, Darlene Dalley (MBA, 2008). They were married in 2014.

Today, Berall continues to push the envelope in his research — he is currently developing new ways to help children with feeding difficulties, and he encourages others to keep learning just like he did.

To find out how AU can help you keep learning, please visit athabascau.ca/houdini.

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Haskayne international exchange program

Going back to school does not mean being held up in a classroom for the duration of the course.

Through the Haskayne school of business international exchange program, add a little adventure and world perspective to your course load.

The exchange program allows students to complete between one and three courses overseas during the summer while combining international travel at the same time.

"The Haskayne MBA exchange program is a great option for our students," says Michael Wright, director, MBA programs, Haskayne school of business, University of Calgary. "It's a great chance to form friendships, develop international business networks, and explore new countries. It enriches their MBA experience and expands their horizon."

Wright says this program offers invaluable opportunities for MBA students to study business from Asian and European perspectives and interact with international students.

TRAVEL GRANTS

For most programs, students pay their tuition to the University of Calgary rather than being assessed a foreign student tuition in the exchange country.

Depending on the programs, Haskayne is able to provide between $400 to $2,000 in travel grants to support these exchange students. For some programs, students may receive a discount from partner schools.

"Students learn business from a true international perspective and they are able to bring that perspective back to the classroom and workplace here in Calgary," Wright says. "Students are able to enhance their resumés by gaining international understanding and insight."

The Haskayne school of business has carefully selected more than 20 leading business schools from around the globe and facilitates both long-term and short-term exchanges in spring and summer.

Students can study in such countries as China, France, Norway, Denmark, Sweden, Austria, the U.K., and Germany.

"All our exchanges are unique and fun learning experiences for our students," Wright says.

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Wright says it's also a great opportunity for couples to participate in this program.

"It's a pretty amazing way for them to study and travel overseas together," Wright says. "It's a great combination of study and family vacation."

For more information about the Haskayne international exchange program, please visit haskaynemba.ca

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The Calgary Board of Education (CBE) trustees recently changed their relationship with the Calgary Association of Parents and School Councils (CAPSC). This action has affected our future. To determine the next step, please join us to vote on 'Options for CAPSC's Future' at a Special General Meeting on Wednesday, November 19, 2014 at Radisson Park School, 2805 Radcliffe Dr. S.E. Visit www.capsc.ca to fill in the survey or RSVP to the meeting.

NEW NAME, SAME GREAT EDUCATION

ST. MARY'S UNIVERSITY

On Nov. 25, St. Mary's University College will have a new name, but the same exceptional education.

The official new name will be St. Mary's University.

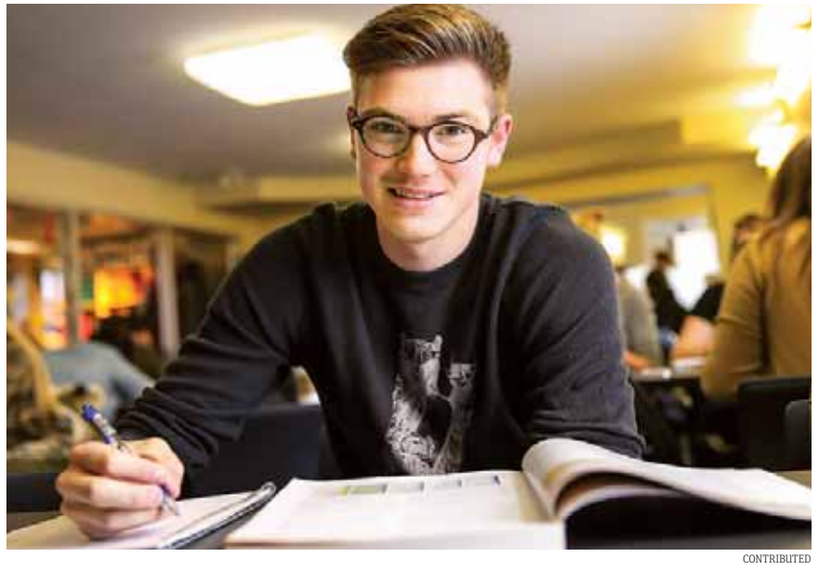
The change acknowledges both the university's stellar 28-year history and recognizes its actual status as a fully-accredited university within the post-secondary Campus Alberta system.

"This name change has been long-awaited and is very welcome," says Dr. Gerry Turcotte, St. Mary's president and vice-chancellor.

Turcotte says St. Mary's is not a college in any respect.

"It is fully accredited to deliver undergraduate university degrees and a bachelor of education after-degree," Turcotte says. "This change acknowledges the university's outstanding track record of providing high-quality university degrees in the arts, sciences and education in small class settings on a remarkable site in south Calgary."

St. Mary's is already a university and has been awarding university degrees since 2004.



CONTRIBUTED

The school's name change acknowledges this reality and removes unnecessary confusion in the community about the status of the students' degrees.

"The name change improves student and alumni opportunities, at home and abroad," Turcotte says. "In that sense, we could not be more thrilled."

Terry McCoy, chair of St. Mary's board of governors, agrees that this is a wonderful acknowledgement of the university's standing.

"The name change acknowledges the university's national and international standing, its unparalleled teaching and research culture, and the valuable options St. Mary's provides to students within the post-secondary landscape," McCoy says. "The board of governors is delighted with this change."

St. Mary's University is a Catholic post-secondary, student-focused liberal arts and sciences teaching and research institution. The school offers bachelor of arts degrees, a bachelor of science degree, a bachelor of education (elementary) degree, and courses in 35 academic disciplines.

DEVELOPING THE WHOLE PERSON

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For more information about St. Mary's University, visit stmu.ab.ca.

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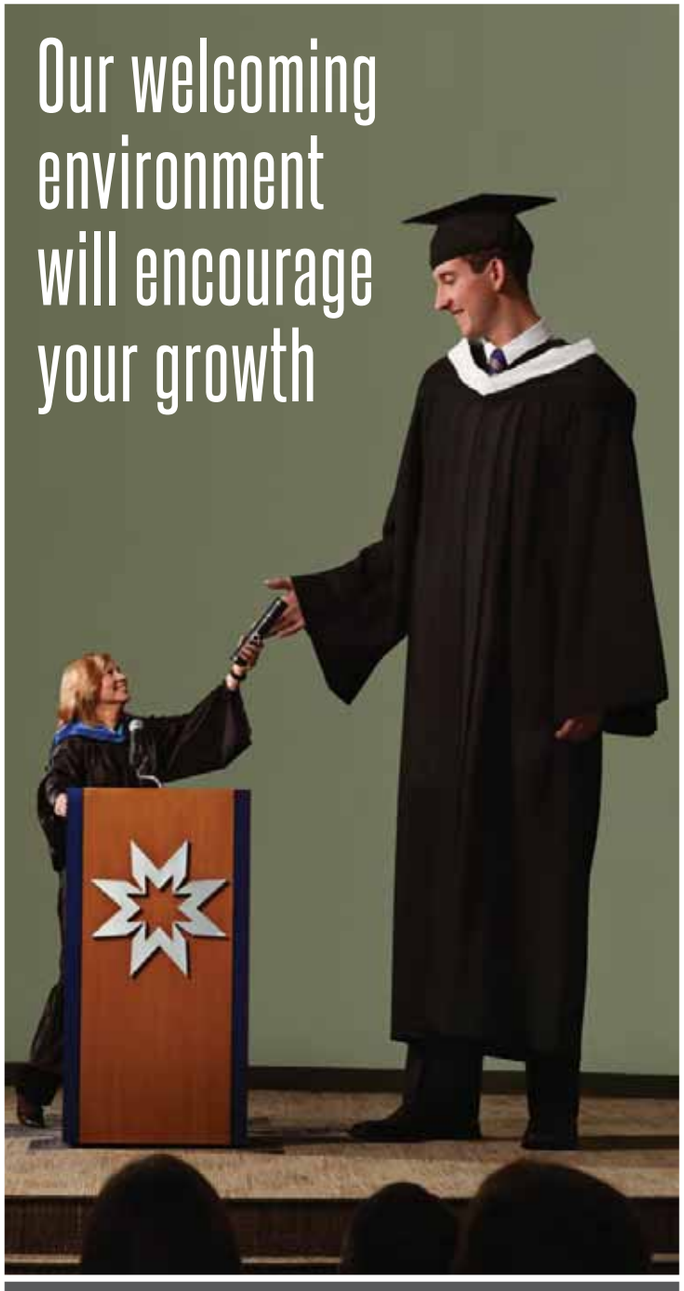

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CALGARY ALBERTA

Education can equal advancement

Study at ABM College

SHUTTERSTOCK

The ABM College health-care aide (HCA) program is focused on training students to become quality HCAs who are proficient and accountable to not only their employer, but also to themselves.

"We promote compassionate care with a focus on dignity, independence, privacy, preferences, and safety for our clients," says Amber Bobyk, health-care aide instructor, and licensed practical nurse.

Students will learn how to become safe and efficient HCAs who have the knowledge and skills to be an asset in any health-care environment, such as acute care, long-term care, assisted living, home care, group homes, and more.

Students are taught to focus on providing holistic care for their clients, which means not only caring for the client but also caring for the client's family and life.

"Education equals career advancement, which, in turn, equals a better life," Bobyk says. "ABM College is committed to not only educating our students, but beyond that, we are committed to assisting our students become employed post-graduation."

Any graduate of ABM College having trouble finding employment is encouraged to come back to the college, which will happily assist them in their job hunt free of charge.

For more information about this program, visit abmcollege.com.

SUPPORT THE VOICE OF CALGARY SCHOOL PARENTS

MEETING SLATED FOR WEDNESDAY

CONTRIBUTED

The Calgary Association of Parents and School Councils (CAPSC) is calling for all parents to come out Wednesday and support the organization that provides an independent voice for parents of Calgary schools.

After funding from the Calgary Board of Education (CBE) was pulled Oct. 14, the group will meet Wednesday to vote on whether to push forward without the financial support of the CBE or to fold.

"CAPSC is important to the education system because it allows school parents to create local initiatives that assist education," says Karen Lloyd, president, CAPSC. "It is also an effective way for school parents to voice their collective opinions to the community."

For 13 years, CAPSC has provided a way for school parents in Calgary to voice concerns, take action, and speak out on educational matters.

"Last year alone we did many city-wide things to help Calgary school parents, including influencing the change to playground and school zones in Calgary," Lloyd says. "With the CBE decision, CAPSC is at a crossroads."

Have your say by attending Wednesday's meeting at 7 p.m. at Radisson Park School and become a CAPSC member for $15 annual fee.

For more information on how to get involved, visit capsc.ca.

EXCEL WITH DIGITAL SCHOOL

Taught by industry experts, the engineering CAD (computer-aided design) technician program students from Digital School Technical Design College are more in touch with the current demands in this field.

Engineering CAD technicians work directly with engineers and technologists to design, plan, draw, and create products, machines, factories, buildings, highways, transit systems, and much more.

"Even with little to no prior experience in the field, the students excel in the one-year program with many taking advantage of the college's offer to add-on process piping specialty to further open the options of working in the energy industry, as well as being skilled for a variety of drafting and design options in construction, manufacturing and consulting firms," says Charles Jarvis, general manager of Digital School.

Jarvis also says this program is a great option for students who have completed the six-month computer-aided drafter program.

Graduates are able to seek out employment in architectural offices, engineering firms, CAD-specific workgroups, homebuilders, construction companies, all levels of government, and other related industries.

No prior experience or knowledge in either drafting, design, or advanced computer skills, is required to enrol in this program.

Applications for the January 2015 intake are being accepted.

For more information about Digital School, visit digitalschool.ca.

SHUTTERSTOCK

SHUTTERSTOCK

School accommodates the needs of its students

Cambrooks College

Cambrooks College believes it has not succeeded until its students have succeeded — past and present.

"We will do what we have to in order to make all of our students succeed," says Pamela Paul, programs manager, Cambrooks College. "We can and do modify all programs to accommodate students continuing to work while attending classes, or students who have to modify hours of school to accommodate their children on account of lack of child-care facilities."

The moment an individual becomes a Cambrooks student, that relationship is there for life.

"Cambrooks prepares their students for success through excellent instruction from professional instructors in the chosen subject, creating a practicum experience that includes great training and provides a work reference to all students," Paul says.

Each practicum placement includes a proper reference for employment purposes after their practicum is complete, therefore they graduate with work experience and a great reference in their chosen field.

Cambrooks also holds workshops to assist students and graduates to create a professional resumé, which includes job search techniques, the proper way to conduct oneself during and after an interview, and ongoing support throughout a job search.

For more information, call 403-452-3694, or visit cambrooks.ca.

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Cost-conscious Canadian travellers and shoppers want premium credit cards that offer reward points for their purchases. With CIBC's popular Aventura credit cards, consumers can earn premium rewards, including a "welcome bonus" of up to 20,000 Aventura Points — that's enough for a short-haul flight worth up to $400.

The renewed CIBC Aventura Rewards Program has been exceeding expectations since it was introduced last year. That makes sense, considering that this rewards program gives Canadians the freedom to fly where they want, when they want. The travel reward features mean that cardholders can redeem reward points for travel on any airline, have access to any available seat on the plane and fly for as few as 10,000 Aventura Points, all while enjoying no blackout periods or points expiry.

For those who enjoy shopping, the Aventura card will earn 1.5 Aventura Points for every dollar spent at gas stations, grocery stores and drugstores, two Aventura Points for every dollar spent on travel purchases made through the CIBC Rewards Centre, and three Aventura Points per dollar spent at select CIBC Bonus Rewards establishments.

Other popular features include trip cancellation, medical and trip interruption insurance, plus free round-the-clock access to CIBC Travel Concierge Service. CIBC's concierge service is well-known for its strong customer service. Travel agents work with cardholders from start to finish to provide valuable travel advice.

Other Aventura Rewards Program benefits include car rental discounts of up to 25 per cent at participating Avis and Budget locations, purchase security and extended protection insurance, auto rental collision/loss damage insurance, and flight delay and baggage insurance.

CIBC's Aventura Program was built on input it received from rewards collectors. In building the program, CIBC listened to Canadians' feedback about current travel rewards programs and built the Aventura with their wish list in mind.

THE FEATURES YOU WANT

To create its popular Aventura credit card, CIBC did its due diligence and asked Canadians what they were seeking in a travel reward program. Among the results, this important request stood out — clients wanted the ability to earn more points for their spending, as well as earn those points faster.

So CIBC Aventura's offer of 1.5 points per dollar spent on gas, grocery and drugstore purchases was an attractive feature. It just makes sense — who wouldn't enjoy earning extra points for ordinary purchases they would have made anyway?

When it came to booking flights, the research showed Canadians wanted the flexibility to know that they could access any available seat on any airline. As well, they didn't want any blackout periods or points expiry, and they wanted to be able to use their points toward taxes and fees.

With so many travel rewards options available, Canadians have become savvy about the pros and cons of the various programs in the market. Travel reward cardholders view CIBC's Aventura offer as attractive due to the value that Aventura Points provide toward travel costs and the ability to book travel without limitations — that means any airline, any seat, any time.

CIBC's Aventura Program also has no blackouts and no points expiry, which means cardholders can use their available Aventura Points to cover everything, including taxes and fees. With Aventura, there are short-haul flights for as low as 10,000 points and long-haul flights for as low as 25,000 points.

It's also possible to use a combination of cash and points to pay for travel. To get started, cardholders will receive a special activation bonus of up to 20,000 Aventura Points.

CIBC listened carefully to what clients said they wanted and compared the CIBC Aventura Program against existing programs. The research clearly indicates that the enhanced CIBC Aventura Program provides great value to Canadians on the features that are important to them.

WIN WHAT YOU REDEEM

CIBC's Aventura Rewards Program members are currently enjoying a popular promotion called the Win What You Redeem contest, in which one person wins any redeemed points back every month.

The CIBC Aventura Rewards Program is also running special travel offers in November, including:

- Sandals Resorts — Earn an extra 10,000 Aventura Points when you book an all-inclusive luxury Sandals or Beaches vacation package.
- Sunwing RIU inclusions — Get extra services and discounts when you book RIU resorts through the CIBC Rewards Centre.
- Holland America Cruise signature amenities — These seven-night cruises start from 69,900 Aventura Points, and you will get a $50 credit when you book through the CIBC Rewards Centre.
- Rainforest Adventures — Receive a discounted adventure trip such as treetop trekking.

Earn 50% more points on everyday items.

Join and earn up to 20,000 Aventura Points.[1]

Shopping just got more rewarding. Earn points and get flying faster when you use your CIBC Aventura® card to make grocery, gas or drugstore purchases.[2] Plus your Welcome Bonus of 20,000 points is enough for a short haul flight worth up to $400.[3]

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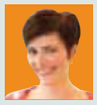
Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1]Offer applies only to newly approved eligible Aventura credit card accounts opened by December 31, 2014; transfers from an existing CIBC credit card are excluded. Bonus points will be awarded to the primary cardholder after making qualifying purchases. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. [2]Available with Aventura Visa Infinite, Aventura Gold Visa and Aventura World Elite MasterCard cards. Earn 1.5 Aventura Points on purchases (excluding returns) at merchants classified in the credit card network as grocery stores, service stations/automated gas dispensers or drug stores. This bonus Aventura Points offer is only available on the first $80,000 in net annual card purchases on your account (meaning all card purchases by all cardholders, at any type of merchant); after that, net card purchases at grocery, drug store and gas merchants will earn Aventura Points at the regular rate. The $80,000 limit will reset to zero after the day your December statement is printed. Terms, conditions and eligible merchant categories may change without notice. [3]For further details, see the Aventura Airlines Rewards Chart at cibcrewards.com. Visa* and Visa Infinite* are trademarks of Visa International Service Association and used under licence. The Contactless Indicator is a trademark of EMV Co. LLC. All other trademarks are owned by CIBC or related entities.

Health Solutions

Comfort without the excess carbs



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Without a doubt, as the barometer drops, we crave cosiness and comfort.

We are indeed designed to pack on a layer of fat for the winter and sweat it off in the summer, but are thwarted by our stressful and sedentary lifestyles.

Managing this truth means choosing the best way towards comfort food by resisting the cheesy, carb-laden casserole and dishing up some starchy, vitamin-packed squash instead.

Winter squashes like butternut and acorn are really no fuss at all if you bake them whole.

The time consuming part is the peeling and this step is eliminated when roasted whole with a side order of more nutrients being contained within the flesh.

Once roasted, the skin and seeds slip right off and the remaining flesh is ready for anything.

- Add 4-5 cups cooked squash per 1 litre of broth and simmer into soup.
- Mash and use as a side dish.
- Stir into muffin mix and bake moist, warm snacks.
- Blend into pancake mix and pan-fry with bananas.
- Spread with plain Greek yogurt and season well. Serve warm as a veggie, cracker or bread dip.
- Freeze for instant stirring into soups and stews to thicken.

Squashes go well with many flavours, try:

- curry powder
- cinnamon and nutmeg
- garlic and thyme
- sage and leek

We will talk about how to lighten up when the sun comes back to play.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Caramelize to intensify soup

Soup Week. Metro's week of warming dishes you can slurp continues — and we threw in biscuits, too

THERESA ALBERT
myfriendinfood.com

This Baked Butternut Squash Soup recipe serves 12. THERESA ALBERT

Ingredients

Soup

- 1 large butternut squash
- 2 whole onions cut in half
- 1 tbsp butter
- 1 tbsp curry powder
- 4 cardamom pods
- 1 cup white Zinfandel wine
- 2 litres chicken broth
- Slivered hazelnuts

Whole Wheat Sage Biscuits

- 1 cup unbleached flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp salt
- 1/4 cup butter, room temp
- 1 tsp honey
- 1 cup milk soured with 1 tsp lemon juice
- 2 tbsp fresh sage

Caramelization is what develops flavour in vegetables, particularly the root or starchy varieties.

Baking butternut squash whole not only makes it easier to peel, it also enhances that sweet spectrum that makes this fall food so comforting.

Soup

1. Place whole squash and onion halves on a baking sheet and bake at 400 F for about an hour until soft.

2. Melt butter in pot and stir in curry powder as well as crushed cardamom, and stir for 30 seconds. Add wine and simmer for one minute. Stir in broth.

3. Peel and discard skin and seed of squash and onions. Add to pot and simmer 15 minutes.

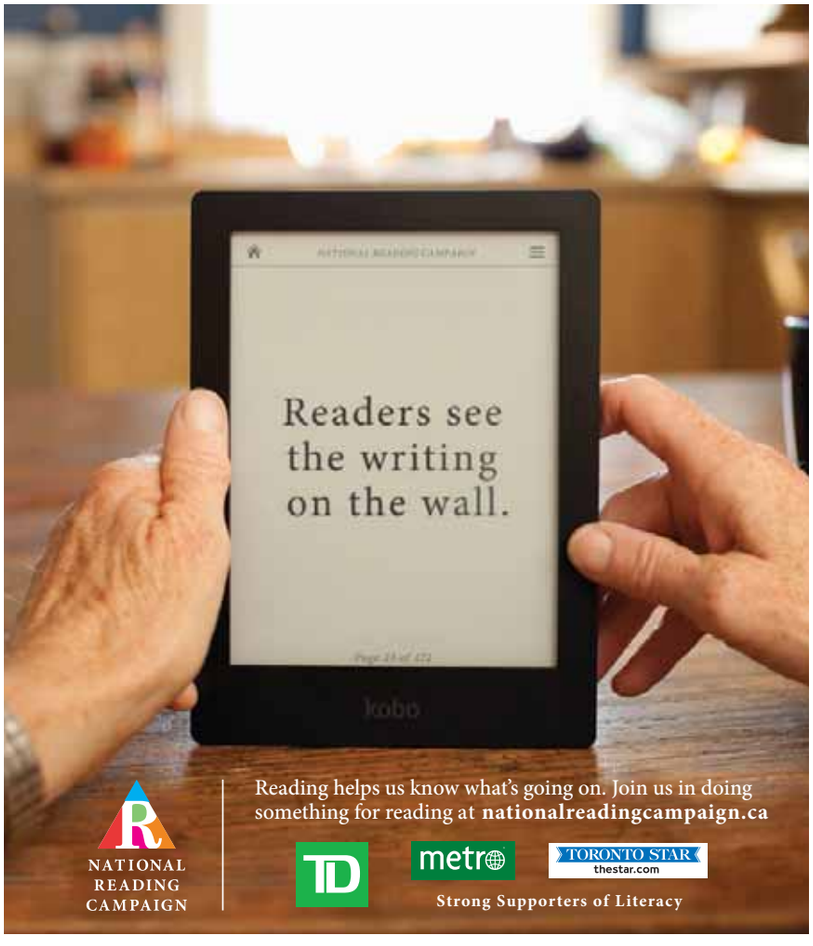
4. Purée with a hand wand and serve with biscuits.

Whole Wheat Sage Biscuits

1. Preheat oven to 425 F.

2. Mix together flours, baking powder and salt. Cut in butter and mix with your hands until it resembles small peas.

3. Stir honey into soured milk and lemon juice and blend into flours gently. Knead together and cut into biscuits. Bake for 15 minutes. **THERESA ALBERT IS FOUND DAILY AT MYFRIENDINFOOD.COM**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4 SPORTS

2015 schedule

Three to five cards coming to Canada, says UFC

Taking a page from its Canadian division, the UFC has announced its full schedule for 2015 with 45 fight cards including three to five in Canada.

There will be 13 pay-per-view shows and 32 televised Fight Night cards.

Toronto, Montreal and Calgary were identified as target cities for Canada but no dates have been attached to those shows yet. The UFC didn't say which other Canadian cities might be considered although Hamilton, London, Moncton, Ottawa, St. John's, Saskatoon and Windsor have all been touted as venues for possible future televised shows. THE CANADIAN PRESS

Hockey Hall of Fame

"He meant everything for me as I came to the Maple Leafs and also became the captain, too. He really taught me everything." **Mats Sundin** on his late head coach, Pat Burns. Burns posthumously went into the Hockey Hall of Fame on Monday along with Dominik Hasek, Peter Forsberg, Mike Modano, Rob Blake and referee Bill McCreary.

After the 50-17 fiasco

Drubbing 'very, very disturbing,' says Benevides

B.C. Lions general manager Wally Buono never saw it coming.

Head coach Mike Benevides said losing that way is "very, very disturbing."

A little more than 24 hours after the Montreal Alouettes embarrassed the Lions 50-17 in the CFL's East Division semifinal, Buono and Benevides met the media on Monday to begin the autopsy on a season that started with the promise of another Grey Cup and ended with a resounding thud.

"Was I in a state of shock (Sunday)? Yes," said Buono, choosing his words carefully.

THE CANADIAN PRESS

Bo Levi Mitchell sets to pass against the Winnipeg Blue Bombers at McMahon Stadium on Nov. 1, in Calgary. Mitchell will get his first CFL playoff start in the all-Alberta West Division final against the Edmonton Eskimos on Sunday. DEREK LEUNG/GETTY IMAGES

Mitchell: Stamps' No. 1 're-loader'

Bo Levi Mitchell. Star quarterback ready for playoff prime-time, says Hufnagel

Calgary Stampeders quarterback Bo Levi Mitchell may be light on CFL playoff experience, but head coach John Hufnagel is confident his starter's regular-season form will continue into Sunday's West Division final against Edmonton.

Mitchell is 15-2 in career starts, including a 12-2 record this season. The 24-year-old from Katy, Texas, was one of three different starters Calgary employed last season. Mitchell beat out Drew Tate in training camp this year to earn the No. 1 designation.

But Mitchell hasn't had the opportunity to start a post-season game until now. He came in and completed one of three pass attempts for six yards in last year's 35-13 loss in the division final to the Saskatchewan Roughriders.

He saw more post-season action in 2012, when he was 6-for-9 in passing for 80 yards and a fourth-quarter touchdown throw in a Grey Cup loss to Toronto. He also scored a touchdown on a one-yard plunge and threw a 42-yard pass in the West final.

"I don't think the game will be too big for Bo," Hufnagel said Monday at McMahon Stadium. "Any time you get playoff experience, it helps. Bo has managed the game every time he's been on the field."

Calgary (15-3) and Edmonton (12-6) meet at McMahon in an all-Alberta division final for the first time since 2001, when the Stampeders won 34-16 en route to claiming the Grey Cup.

Sunday's winner advances to the Grey Cup on Nov. 30 in Vancouver to face the victor of the East Division final between Montreal and Hamilton.

How Mitchell will fare in his first playoff start is one of the West final's subplots.

The mobility of Eskimos counterpart Mike Reilly, who reports say has a broken foot, is another.

Edmonton head coach Chris Jones, Hufnagel's defensive co-ordinator from 2008 to 2011, has said Reilly will get the ball in Calgary.

Reilly didn't play in Edmonton's final regular-season game, and he stayed on the sidelines of Sunday's 18-10 division semifinal win over Saskatchewan until six minutes into the third quarter. He then completed six of eight passes for 53 yards in relief of starter Matt Nichols.

"I believe he'll be the starting quarterback and be Mike Reilly," said Hufnagel.

THE CANADIAN PRESS

Quoted

"He can forget about a bad play and get back on the field and make something good happen. We call it re-loading and he does it very well."

Head coach John Hufnagel on Bo Levi Mitchell

In the past

The Stampeders and Eskimos last met in the post-season in the 2011 division semifinal. The Eskimos won 33-19 at home.

- **Flashback.** Calgary last hoisted the Grey Cup in 2008.
- **Make it 10 years?** Edmonton's most recent appearance and victory in the CFL's championship game was in 2005.

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Jays add Martin to their nest: Reports

MLB. All-star catcher, a Toronto native, agrees to terms hot on the heels of Jays hiring a new hitting coach

New Toronto Blue Jays hitting coach Brook Jacoby was quite impressed by Russell Martin when he saw the Canadian catcher play in the National League.

If multiple media reports are true, the two will get a chance to work together next season in Toronto.

Several outlets reported Monday that the Blue Jays have agreed to a five-year, $82-million US contract with Martin. The three-time all-star hit .290 with the Pittsburgh Pirates last season with 11 home runs and 67 RBIs in 111 games.

A Blue Jays spokesman said in an email that he had seen the reports, but had not announced anything. A message left with Martin's agent was not immediately returned.

Multiple media reports have stated Russell Martin and the Blue Jays have agreed to a five-year, $82-million deal. THE ASSOCIATED PRESS

Martin, 31, spent the last two seasons in Pittsburgh. The Toronto native, who grew up in Chelsea, Que., broke into the major leagues with Los Angeles in 2006 and spent five years with the Dodgers before a two-year stint with the New York Yankees.

Over nine seasons, the three-time all-star has a career .259 average with 119 home runs and 540 RBIs.

Dioner Navarro was the regular catcher for the Blue Jays last season and Josh Thole primarily served as knuckleballer R.A. Dickey's catcher. The addition of Martin could see Navarro shift to the designated hitter's role in 2015.

General manager Alex Anthopoulos has traditionally made his biggest splashes via the trade route, so the signing of Martin would be a dramatic change to his usual style. It would also send a signal that Toronto is ready to really open its wallet in an attempt to get over the hump in the American League East.

THE CANADIAN PRESS

A hint of things to come

"I'm big on working the middle of the field, I'm big on situational hitting. So those are some big cards in my deck."

Brook Jacoby replaces Kevin Seitzer as the Blue Jays' hitting coach

$325-million contract

Stanton, Marlins sign record deal

Miami Marlins slugger Giancarlo Stanton has agreed to terms with the team on a 13-year, $325-million contract. Team owner Jeffrey Loria has confirmed the deal, the most lucrative for an American athlete.

The deal averages $25 million per season, or $154,321 per game. It includes a no-trade clause, and Stanton can opt out after six years, Loria said.

A news conference is planned for Wednesday.

THE ASSOCIATED PRESS

4-player deal

Heyward headed to Cards, Miller to Braves in trade

The Atlanta Braves dealt outfielder Jason Heyward and reliever Jordan Walden to the St. Louis Cardinals on Monday for right-handed starter Shelby Miller and minor-league pitcher Tyrell Jenkins. THE ASSOCIATED PRESS

Cavs squeezed for loss

Timofey Mozgov, left, and Darrell Arthur converge on the Cavaliers' Tristan Thompson on Monday night in Cleveland. Ty Lawson scored 24 points, Arron Afflalo added 23 and the Nuggets ended Cleveland's four-game winning streak with a 106-97 win. TONY DEJAK/THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may feel that a target is beyond your reach but you can get there if you are prepared to make sacrifices. You could opt for an easier objective but you must make a decision quickly.

♉ Taurus
April 21 - May 21
People hold you in high regard because you refuse to be like everyone else. Emphasize your uniqueness and you will find your natural place — at the top.

♊ Gemini
May 22 - June 21
You may be tempted to bulldoze through obstacles today but you can get what you need by less provocative methods. Might sometimes makes right, but not today.

♋ Cancer
June 22 - July 23
Be honest about what you desire, even if there is little chance of getting it. You won't change other people's attitudes overnight, but you can put down a marker for the future.

♌ Leo
July 24 - Aug. 23
Something you think of today has the potential to transform your existence, but only if you have more confidence in yourself as an ideas person.

♍ Virgo
Aug. 24 - Sept. 23
You have more in common with a rival than you realize. Instead of fighting each other, pool your resources. As a team, you will be unbeatable.

♎ Libra
Sept. 24 - Oct. 23
Because there is something you desire you won't hesitate to be assertive today. Be sensible though – know when it is wise to hold back.

♏ Scorpio
Oct. 24 - Nov. 22
If you want to achieve something special, set targets that are not too easy to reach. You are capable today of efforts above and beyond the norm.

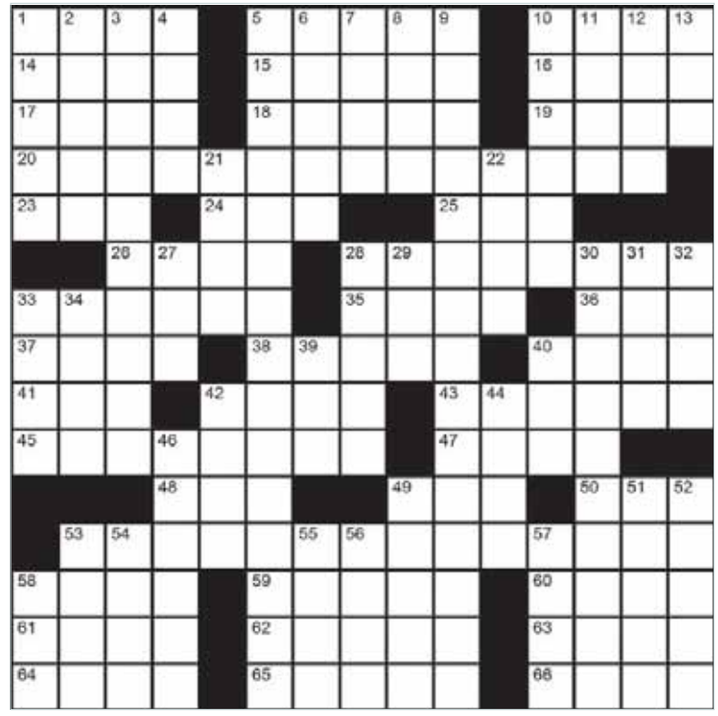
♐ Sagittarius
Nov. 23 - Dec. 21
Don't try to finish something that has become a bit of a chore. You have lost interest in it is because your attitude towards it has changed. It is no longer important today.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to cut back on your social life but you know you have to if you are to make the most of a business opportunity.

♒ Aquarius
Jan. 21 - Feb. 19
Saturn, planet of limitation, warns if you take on too much you may end up further from your long-term goal than when you started. There's no rush.

♓ Pisces
Feb. 20 - March 20
Your daydreams could get you into trouble. Some things are meant to be acted on and some things are meant to remain a fantasy. Keep your imagination under control.

Crossword: Canada Across and Down by Kelly Ann Buchanan



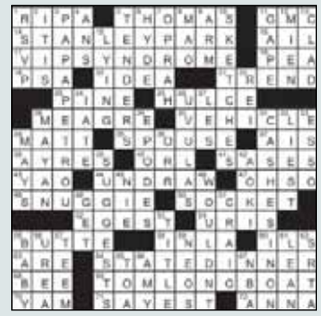
Across

1. Brave New World tablet
5. Some cheeses
10. Twelvemonth
14. "Waking __ Reno" (2002): 2 wds.
15. 'You Win' opposite: 2 wds.
16. Regarding: 2 wds.
17. "Yes, yes!" in Spain
18. Honda model
19. Scot's negatives
20. Kenora, ON's giant fish sculpture: 3 wds.
23. Gremlin
24. Actress Lucy
25. "Norma __" (1979)
26. Famous cookie
28. Health drink place: 2 wds.
33. Ms. Kelly, Canadian who married Princess Anne's son in 2008
35. Guesses [abbr.]
36. TV brand
37. Cracker topping
38. "Never.": 2 wds.
40. Ms. Perry
41. 'Capri' suffix
42. Beaver __, BC
43. Guitarist Mr. Eddy's
45. __ Molson Memorial Stadium (Montreal Alouettes home)
47. TV honcho
48. Path [abbr.]
49. Stock mkt. debut
50. Groove
53. Ed Grimley's favourite game show: 3 wds.
58. Dull noise
59. Concepts
60. Pluses
61. Hwy. truck
62. 'Sleep'-meaning prefix
63. Deer's tail type
64. Anyone annoying
65. Terence d'Arby connecter
66. Tal Bachman's "__ So High"

Down

1. Rolled-in-rice wappetizer
2. Yves Saint Laurent perfume
3. Renee Zellweger movie about 'Peter Rabbit' author/illustrator Beatrix: 2 wds.
4. Canadian satellite
5. Type of Scotiabank Giller Prize winner: 2 wds.
6. Welsh merchant Yale University is named after, __ Yale (b.1649 - d.1721)
7. 'Slithy' Lewis Carroll creature
8. "Sure __ __ standing here!"
9. Fee of trust: 2 wds.
10. "__ Doodle Dandy" (1942)
11. Mr. Morales
12. Perfectly, to __
13. Iceland band, with Sigur
21. Space stuff
22. Pouches
27. Ms. McClanahan
28. Gem
29. Demi Lovato's "Made in the ___"
30. Kellogg's Raisin ___
31. Entr'__ (Theatrical interlude)
32. Sunny beams
33. Each: 2 wds.
34. 'Accent' add-on (Emphasize)
39. Eggs, Latin-style
40. "Ship and the Globe" Toronto-based singer/songwriter, __ Sun
42. Mention
44. Wife: Latin
46. Purchaser's 'plastic'
49. Q. "Do you know ___ Sothern is still alive?" A. "I do, and she's not, alas."
51. Excessive
52. Tries
53. "What fun!"
54. Closed-lips sings
55. Product brand for feet, __-Eaters
56. __ covert (Married woman, olde-style)
57. Itar-__ (Russian news agency)
58. Chef's meas.

Yesterday's Crossword

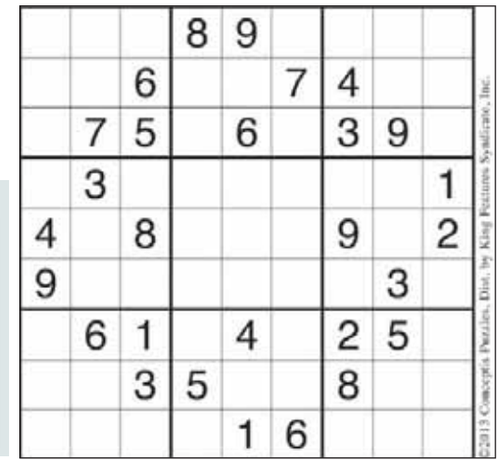


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	1	6	9	2	8	3	5	4
5	9	3	7	4	6	8	2	1
8	2	4	3	1	5	6	7	9
1	6	2	5	7	9	4	3	8
4	7	9	8	3	2	1	6	5
3	5	8	4	6	1	7	9	2
9	8	7	6	5	4	2	1	3
6	4	1	2	9	3	5	8	7
2	3	5	1	8	7	9	4	6

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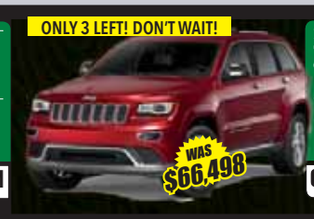
ONLY 3 LEFT! DON'T WAIT!



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